



Cider Vinegar-Braised Chicken Thighs

READY IN



90 min.

SERVINGS



40

CALORIES



99 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 carrots sliced
- ☐ 3 pounds chicken thighs fat trimmed
- ☐ 2 tablespoons chives snipped
- ☐ 1 cup cider vinegar
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 5 garlic cloves thinly sliced
- ☐ 1 leek light white green thinly sliced
- ☐ 3 cups chicken broth low-sodium

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 40 servings salt and pepper freshly ground
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ broiler

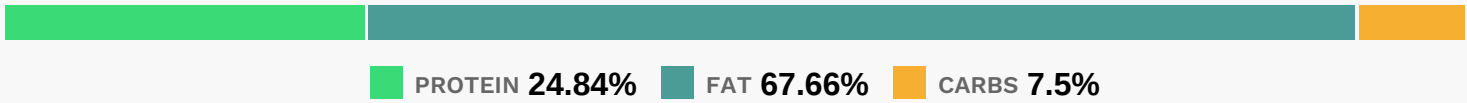
Directions

- ☐ Preheat the oven to 35
- ☐ In a large enameled cast-iron casserole, heat the olive oil. Season the chicken thighs with salt and pepper and add them to the casserole, skin side down. Cook over moderately high heat, in batches if necessary, turning once, until golden brown, about 12 minutes.
- ☐ Transfer the chicken to a platter.
- ☐ Spoon off all but 2 tablespoons of the fat in the casserole.
- ☐ Add the carrots, garlic and leek and cook over low heat until crisp-tender, 5 minutes.
- ☐ Add the flour and stir for 1 minute.
- ☐ Add the vinegar and stir, scraping up any browned bits from the bottom of the pot. Bring the sauce to a boil and cook until thickened, 3 minutes.
- ☐ Add the broth, season with salt and pepper and bring to a boil. Nestle the chicken in the sauce, skin side up.
- ☐ Transfer the casserole to the oven and braise the chicken for about 50 minutes, until cooked through.
- ☐ Preheat the broiler.
- ☐ Transfer the chicken to a baking sheet, skin side up. Broil on the middle rack of the oven until the skin is golden and crisp, about 4 minutes.
- ☐ Simmer the sauce over moderate heat until reduced to about 4 cups, 10 minutes. Stir in the butter until melted.

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Add the parsley and chives and season the sauce with salt and pepper. Return the chicken to the casserole, skin side up, and serve.

Nutrition Facts



Properties

Glycemic Index:7.52, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:4.4604347749897%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 98.83kcal (4.94%), Fat: 7.34g (11.29%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.5g (0.56%), Cholesterol: 35.6mg (11.87%), Sodium: 231.62mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Vitamin A: 1387.11IU (27.74%), Vitamin B3: 1.93mg (9.68%), Selenium: 6.59µg (9.41%), Vitamin B6: 0.14mg (6.97%), Vitamin K: 6.87µg (6.54%), Phosphorus: 64.42mg (6.44%), Vitamin B12: 0.24µg (3.95%), Vitamin B5: 0.38mg (3.76%), Potassium: 121.48mg (3.47%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.48mg (3.18%), Manganese: 0.05mg (2.61%), Vitamin B1: 0.04mg (2.37%), Magnesium: 8.84mg (2.21%), Iron: 0.39mg (2.17%), Vitamin E: 0.27mg (1.8%), Copper: 0.04mg (1.77%), Vitamin C: 1.19mg (1.44%), Folate: 5.08µg (1.27%), Fiber: 0.28g (1.13%)