



## Cider Vinegar Braised Chicken Thighs & Legs with Onions and Raisins



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



2

CALORIES



702 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 2 bay leaves
- ☐ 1 pinch pepper black as needed plus more
- ☐ 3 cup chicken stock see
- ☐ 0.5 cup cider vinegar
- ☐ 0.3 cup flat parsley roughly chopped
- ☐ 0.5 cup flour all-purpose for dredging
- ☐ 1 cup golden raisins

- ☐ 1 teaspoon kosher salt as needed plus more
- ☐ 2 tablespoon olive oil
- ☐ 0.5 teaspoon pepper flakes red crushed to taste
- ☐ 10 sage leaves chopped
- ☐ 1 cup white wine

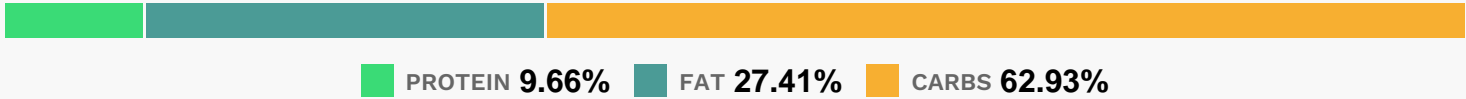
## Equipment

- ☐ frying pan
- ☐ dutch oven

## Directions

- ☐ Rinse the chicken legs & thighs under cool water and pat dry.
- ☐ Mix together the flour, 1 teaspoon salt, and a pinch of ground black pepper.
- ☐ Spread the flour mixture across a shallow dish. Lightly dredge the chicken in the flour mixture, shaking off any excess. Warm the olive oil in a large heavy bottomed or cast iron skillet or Dutch oven (with a lid) over medium-high heat.
- ☐ Add the chicken, and sear until a golden crust develops, 3 to 4 minutes. Turn and sear until a golden crust forms on second side, 3 to 4 minutes.
- ☐ Remove chicken to a plate.
- ☐ Add the onions to pan and cook over medium-high heat, stirring occasionally, until softened slightly, about 5 minutes.
- ☐ Add the sage, bay leaves, raisins and crushed red pepper and cook, stirring occasionally, until the onions are golden and starting to stick to the bottom of the skillet, about 5 minutes.
- ☐ Add wine lower heat to medium and cook until the liquid is syrupy, about 8 minutes. Lower the heat further to a simmer.
- ☐ Add cider vinegar and simmer for 2 more minutes. Stir in stock and parsley. Season lightly with salt and black pepper. Return the chicken to the pan, nestling it into the braising liquid. Cover the pan and simmer about 1 hour and 15 minutes over very low heat.
- ☐ Transfer the chicken to a platter and (if necessary) reduce the onion mixture to desired consistency.
- ☐ Serve warm.

# Nutrition Facts



## Properties

Glycemic Index:125.33, Glycemic Load:49.05, Inflammation Score:-8, Nutrition Score:24.570434663607%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 701.85kcal (35.09%), Fat: 19.11g (29.4%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 98.75g (32.92%), Net Carbohydrates: 94.53g (34.37%), Sugar: 50.18g (55.75%), Cholesterol: 10.8mg (3.6%), Sodium: 1708.58mg (74.29%), Alcohol: 12.36g (100%), Alcohol %: 2.34% (100%), Protein: 15.15g (30.31%), Vitamin K: 135.87µg (129.4%), Copper: 1.15mg (57.27%), Vitamin B3: 8.65mg (43.25%), Manganese: 0.78mg (39.19%), Vitamin B2: 0.63mg (37.04%), Potassium: 1134.84mg (32.42%), Selenium: 19.32µg (27.6%), Vitamin B6: 0.55mg (27.33%), Vitamin B1: 0.39mg (26.1%), Iron: 4.66mg (25.88%), Phosphorus: 246.82mg (24.68%), Folate: 90.29µg (22.57%), Fiber: 4.22g (16.88%), Magnesium: 66.71mg (16.68%), Vitamin E: 2.48mg (16.51%), Vitamin A: 797.31IU (15.95%), Vitamin C: 13.06mg (15.84%), Calcium: 84.14mg (8.41%), Zinc: 1.24mg (8.24%), Vitamin B5: 0.33mg (3.28%)