



Coriander and Mustard Seed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon apple jelly
- ☐ 1 teaspoon coriander seeds
- ☐ 0.3 cup wine dry white
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon mustard seeds
- ☐ 1 tablespoon olive oil
- ☐ 2 shallots finely chopped
- ☐ 0.3 cup water

☐

2 lb .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole

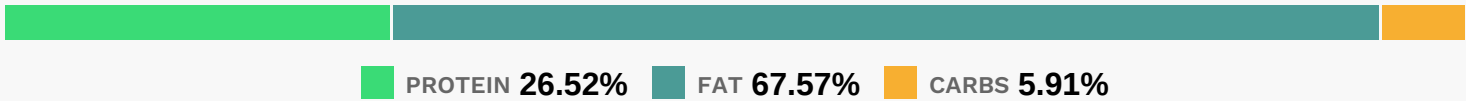
Equipment

- ☐ frying pan
- ☐ tongs

Directions

- ☐ Pat chicken dry and season with salt and pepper.
- ☐ Heat oil in a 12-inch heavy skillet over high heat until hot but not smoking, then brown chicken well, about 4 minutes on each side.
- ☐ Transfer with tongs to a plate.
- ☐ Add shallots to skillet and cook over moderate heat, stirring, until golden, about 2 minutes. Stir in mustard and coriander seeds, wine, and water and bring to a boil.
- ☐ Return chicken, skin sides up, to skillet and simmer, covered, until chicken is cooked through, 20 to 25 minutes.
- ☐ Transfer chicken to a platter.
- ☐ Add jelly and cilantro to sauce, stirring until jelly is melted. Season sauce with salt and pepper and spoon over chicken.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.22, Inflammation Score:-3, Nutrition Score:10.839565188988%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 349.23kcal (17.46%), Fat: 25.22g (38.8%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4g (1.45%), Sugar: 2.16g (2.4%), Cholesterol: 120.22mg (40.07%), Sodium: 112.79mg (4.9%), Alcohol: 1.54g (100%), Alcohol %: 1.09% (100%), Protein: 22.27g (44.55%), Selenium: 29.32µg (41.89%), Vitamin B3: 6.3mg (31.51%), Vitamin B6: 0.47mg (23.66%), Phosphorus: 235.77mg (23.58%), Zinc: 2.16mg (14.41%), Vitamin B5: 1.35mg (13.51%), Vitamin B12: 0.72µg (12.07%), Vitamin B2: 0.2mg (11.6%), Magnesium: 40.76mg (10.19%), Potassium: 343.36mg (9.81%), Vitamin B1: 0.13mg (8.42%), Iron: 1.45mg (8.04%), Manganese: 0.15mg (7.63%), Vitamin E: 0.94mg (6.25%), Vitamin K: 5.7µg (5.43%), Copper: 0.11mg (5.42%), Fiber: 0.97g (3.87%), Folate: 14.28µg (3.57%), Calcium: 29.37mg (2.94%), Vitamin A: 127.03IU (2.54%), Vitamin C: 1.74mg (2.11%)