



Crispy Chicken with Piquillo Pepper Sauce



Vegetarian



Dairy Free

READY IN



52 min.

SERVINGS



8

CALORIES



1888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons pepper black divided freshly ground
- ☐ 8 pound irish oats whole
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 13 garlic clove divided peeled
- ☐ 1 teaspoon honey
- ☐ 2 optional: lemon thinly sliced
- ☐ 0.5 cranberry-orange relish thinly sliced

- ☐ 0.3 cup orange juice
- ☐ 10 ounce piquillo peppers drained sliced
- ☐ 1.5 teaspoons sea salt divided
- ☐ 4 shallots peeled halved
- ☐ 0.3 cup sherry vinegar
- ☐ 1 teaspoon paprika smoked divided
- ☐ 1 cups virgin olive oil divided

Equipment

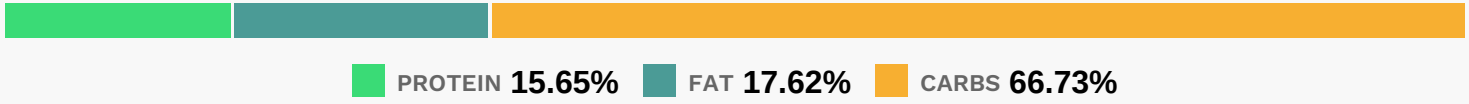
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Process 3 garlic cloves in food processor until finely chopped.
- ☐ Add 1/2 cup oil, piquillo peppers, honey, 1/2 teaspoon paprika, vinegar, orange juice, and 1/2 teaspoon each sea salt and black pepper; pulse until chunky, and set aside.
- ☐ Place shallots, lemons, orange, and remaining 10 garlic cloves on a large, rimmed baking sheet (or divide among 2 jelly-roll pans).
- ☐ Drizzle with 3 tablespoons olive oil; sprinkle with 1/4 teaspoon paprika and 1/2 teaspoon each sea salt and black pepper.
- ☐ Heat 3 tablespoons oil in a large skillet over medium-high heat until hot. Dredge chicken in flour, shaking off excess.
- ☐ Sprinkle with 1/4 teaspoon each sea salt and black pepper. Cook chicken, in batches, adding more oil if necessary; cook 3 minutes on each side or until golden brown.
- ☐ Transfer to baking sheet.
- ☐ Drizzle with 2 tablespoons oil; sprinkle with remaining 1/4 teaspoon each paprika, sea salt, and black pepper.

- ☐
- Bake 30 to 35 minutes or until chicken is done.
- ☐
- Transfer chicken to a platter with garlic, shallots, lemons, and orange; top with parsley.
- ☐
- Tip: The high heat and bold flavors in the sauce will blunt the delicate flavor of extra virgin olive oil, so use a good-quality bulk variety.

Nutrition Facts



Properties

Glycemic Index:55.41, Glycemic Load:150.56, Inflammation Score:-7, Nutrition Score:18.35000005494%

Flavonoids

Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg, Eriodictyol: 5.78mg Hesperetin: 10.69mg, Hesperetin: 10.69mg, Hesperetin: 10.69mg, Hesperetin: 10.69mg Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 1887.86kcal (94.39%), Fat: 37.46g (57.63%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 319.25g (106.42%), Net Carbohydrates: 267.34g (97.21%), Sugar: 4.81g (5.34%), Cholesterol: 0mg (0%), Sodium: 539.02mg (23.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.86g (149.71%), Fiber: 51.91g (207.65%), Iron: 20.63mg (114.63%), Vitamin C: 49.69mg (60.23%), Vitamin K: 45.29µg (43.13%), Calcium: 259.46mg (25.95%), Vitamin A: 730.96IU (14.62%), Manganese: 0.26mg (13.07%), Folate: 35.21µg (8.8%), Vitamin B1: 0.13mg (8.49%), Vitamin B6: 0.15mg (7.33%), Selenium: 4.57µg (6.54%), Vitamin E: 0.95mg (6.31%), Potassium: 168.07mg (4.8%), Vitamin B2: 0.08mg (4.52%), Vitamin B3: 0.82mg (4.09%), Phosphorus: 36.45mg (3.65%), Copper: 0.07mg (3.48%), Magnesium: 12.63mg (3.16%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.25mg (1.68%)