



Crispy Chicken with Spicy Pear Cranberry Sauce

READY IN



120 min.

SERVINGS



4

CALORIES



1479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings arugula for serving
- 4 servings canola oil for frying
- 4 servings cayenne pepper
- 16 chicken drummettes
- 8 chicken legs
- 2 cups flour all-purpose
- 4 sprigs rosemary fresh
- 15 ounce half a can cranberry jelly canned

- 1 juice of lime
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon olive oil extra-virgin
- 30 ounce pears in pear juice halved sliced canned
- 1 teaspoon pepper flakes red
- 1 shallots finely chopped
- 1 tablespoon butter unsalted

Equipment

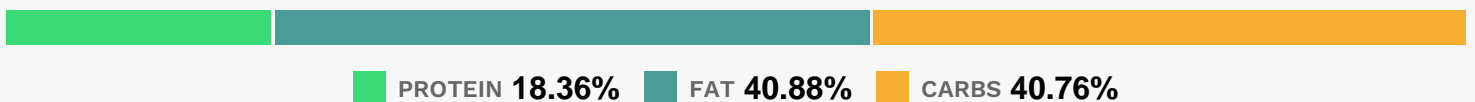
- frying pan
- paper towels
- whisk
- pot
- blender

Directions

- Watch how to make this recipe.
- Put the drumettes and chicken legs into separate shallow dishes and sprinkle with salt and pepper.
- Add 1/2 teaspoon red pepper flakes and 2 rosemary sprigs to each dish.
- Drain the pears and save the juice and pears. Reserve 2 tablespoons juice for the salad dressing.
- Pour the remaining juice from 1 can of pears over each dish and toss to coat evenly. Cover and refrigerate for at least 1 hour or up to overnight.
- Make the dressing by whisking together the reserved 2 tablespoons pear juice, lime juice, olive oil, and salt and pepper to taste. Cover and refrigerate until ready to serve.
- When you are ready to fry the chicken, heat an inch of canola oil over medium-high heat in a heavy skillet to 350 degrees F.
- Put the flour into a shallow dish and season it well with cayenne, salt and pepper.

- Remove the chicken from the marinade, reserving the marinade. Pat the chicken dry and coat with the flour mixture.
- Let them rest on a plate while the oil gets hot. Fry the chicken in batches.
- Drain them on paper towels and keep warm.
- While the chicken is cooking, add the marinade to a medium pot. Pick out the rosemary sprigs, add the shallots and bring to a boil. Cook until the marinade has reduced by half, about 5 minutes.
- Add the pears and cook until they are hot.
- Pour the mixture into a blender, add the cranberry jelly and butter, and puree carefully as it is hot. Taste and adjust the seasoning with salt and pepper. The mixture should be thick but pourable. If it is too thin, put it back into the pan and reduce it a bit.
- Pour some of the spicy pear sauce onto a plate and place the chicken legs or drummettes on top. Toss the arugula with the dressing and put a small pile onto each plate.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:74.67, Inflammation Score:-9, Nutrition Score:41.75086953329%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 1479.42kcal (73.97%), Fat: 66.95g (102.99%), Saturated Fat: 18.29g (114.31%), Carbohydrates: 150.2g (50.07%), Net Carbohydrates: 145.98g (53.08%), Sugar: 68.28g (75.86%), Cholesterol: 321.97mg (107.32%), Sodium: 352.55mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.64g (135.28%), Selenium: 86.04µg (122.91%), Vitamin B3: 22.61mg (113.05%), Vitamin C: 88.22mg (106.93%), Vitamin B6: 1.32mg (66.07%), Phosphorus: 659.28mg (65.93%), Vitamin B2: 0.94mg (55.16%), Vitamin B1: 0.78mg (52.12%), Folate: 163.83µg (40.96%), Zinc: 5.91mg (39.37%), Iron: 6.63mg (36.83%), Vitamin B5: 3.68mg (36.82%), Potassium: 1219.24mg (34.84%), Vitamin A: 1692.6IU (33.85%), Manganese: 0.64mg (32.08%), Vitamin K: 30.98µg (29.51%), Vitamin B12:

1.76µg (29.33%), Magnesium: 112.19mg (28.05%), Copper: 0.54mg (27.16%), Vitamin E: 3.14mg (20.94%), Fiber: 4.22g (16.87%), Calcium: 116.61mg (11.66%), Vitamin D: 0.41µg (2.72%)