



Dave's Mocha Chicken

 Gluten Free  Dairy Free

READY IN



240 min.

SERVINGS



4

CALORIES



673 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 6 chicken legs
- ☐ 4 servings ground pepper black to taste
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup cooking sherry
- ☐ 0.7 cup soya sauce
- ☐ 0.3 cup strong coffee decoction brewed

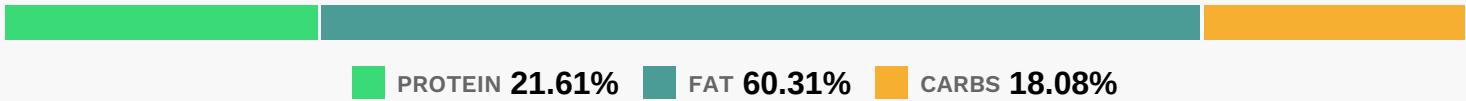
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium, nonreactive container, mix the soy sauce, brown sugar, sherry, coffee, and 2 tablespoons olive oil.
- ☐ Place chicken legs in the mixture. Cover, and marinate in the refrigerator 3 to 4 hours.
- ☐ Remove chicken from the marinade mixture, and set aside.
- ☐ Transfer the marinade to a medium saucepan, and bring to a boil.
- ☐ Heat remaining olive oil in a medium skillet over medium-high heat. Season chicken with pepper, and brown on all sides in the skillet.
- ☐ Pour the hot marinade mixture into the skillet. Reduce heat, and simmer 30 minutes, or until chicken is no longer pink and juices run clear. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:16.350869535104%

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 Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 673.25kcal (33.66%), Fat: 44.37g (68.25%), Saturated Fat: 10.31g (64.41%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 29.58g (10.76%), Sugar: 27.48g (30.53%), Cholesterol: 179.7mg (59.9%), Sodium: 2331.27mg (101.36%), Alcohol: 1.54g (100%), Alcohol %: 0.65% (100%), Caffeine: 5.93mg (1.98%), Protein: 35.77g (71.53%), Vitamin B3: 10.75mg (53.75%), Selenium: 35.44µg (50.63%), Vitamin B6: 0.71mg (35.55%), Phosphorus: 354.18mg

(35.42%), Vitamin B5: 2.15mg (21.48%), Vitamin B2: 0.34mg (20.29%), Zinc: 3.04mg (20.25%), Vitamin B12: 1.08µg (18.03%), Vitamin E: 2.37mg (15.81%), Potassium: 530.18mg (15.15%), Iron: 2.58mg (14.31%), Magnesium: 56.77mg (14.19%), Manganese: 0.28mg (13.76%), Vitamin K: 12.81µg (12.2%), Vitamin B1: 0.17mg (11.12%), Copper: 0.17mg (8.58%), Calcium: 50.17mg (5.02%), Folate: 15.43µg (3.86%), Vitamin A: 178.32IU (3.57%), Fiber: 0.33g (1.34%), Vitamin D: 0.19µg (1.29%)