



Devil's Chicken Thighs with Braised Leeks

READY IN



50 min.

SERVINGS



6

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves crumbled
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 cups breadcrumbs fresh
- ☐ 5 tablespoons butter divided
- ☐ 0.8 cup chicken stock see
- ☐ 0.5 cup dijon mustard
- ☐ 0.8 cup vermouth dry divided
- ☐ 1 large eggs
- ☐ 2 teaspoons tarragon fresh chopped

- ☐ 3 tablespoons thyme leaves fresh divided
- ☐ 6 servings braised leeks
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup onion thinly sliced
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 2 chiles dried red hot sliced
- ☐ 0.5 cup shallots diced finely
- ☐ 12 chicken thighs bone-in skinless

Equipment

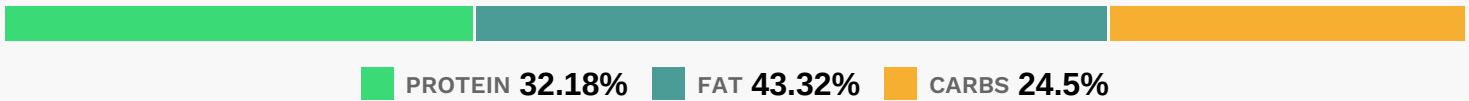
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Combine first 4 ingredients with 2 tablespoons thyme and 1/4 cup vermouth in a large bowl, tossing to coat. Cover and refrigerate at least 4 hours or overnight.
- ☐ Prepare Braised Leeks, set aside.
- ☐ Melt 3 tablespoons butter in a medium saucepan over medium-low heat; cook 3 minutes or until golden brown. Stir in breadcrumbs, parsley, and 1 tablespoon thyme. Set aside.
- ☐ Melt remaining 2 tablespoons butter in a skillet over medium heat; add shallots and remaining 1 teaspoon thyme. Saut 2 minutes or until shallots are translucent. Stir in remaining 1/2 cup vermouth. Simmer over medium-high heat until reduced by half.
- ☐ Transfer to a bowl; cool 10 minutes.
- ☐ Whisk in mustard and next 3 ingredients; set aside.
- ☐ Remove chicken from marinade, discarding marinade, and pat dry.
- ☐ Heat olive oil in a large skillet over medium-high heat.

- ☐
- Add chicken, and cook 6 minutes or until deep golden brown. Turn, and cook 2 minutes.
- ☐
- Transfer chicken to a plate; discard excess drippings from pan.
- ☐
- Stir in chicken stock, scraping with a wooden spoon to deglaze pan.
- ☐
- Pour sauce over Braised Leeks; set aside.
- ☐
- Preheat oven to 37
- ☐
- Dredge chicken in mustard mixture, and arrange on top of leeks. Spoon any remaining mustard mixture over chicken. Top with breadcrumb mixture.
- ☐
- Bake 40 minutes or until chicken is golden brown.

Nutrition Facts



Properties

Glycemic Index:58.33, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:29.870869569156%

Flavonoids

Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg, Apigenin: 2.97mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 622.07kcal (31.1%), Fat: 28.79g (44.29%), Saturated Fat: 9.95g (62.22%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 32.38g (11.78%), Sugar: 5.84g (6.49%), Cholesterol: 250.78mg (83.59%), Sodium: 808.5mg (35.15%), Alcohol: 2.85g (100%), Alcohol %: 0.9% (100%), Protein: 48.12g (96.23%), Selenium: 65.99µg (94.26%), Vitamin B3: 14.61mg (73.07%), Vitamin B6: 1.13mg (56.62%), Phosphorus: 517.54mg (51.75%), Vitamin B1: 0.61mg (40.98%), Vitamin B2: 0.63mg (36.93%), Vitamin K: 36.57µg (34.83%), Manganese: 0.67mg (33.7%), Vitamin B5: 2.96mg (29.63%), Iron: 5.2mg (28.9%), Zinc: 4.15mg (27.65%), Vitamin B12: 1.53µg (25.43%), Potassium: 806.62mg (23.05%), Magnesium: 90.72mg (22.68%), Folate: 71.89µg (17.97%), Fiber: 4.26g (17.06%), Vitamin A: 772.18IU (15.44%), Copper: 0.3mg (14.98%), Calcium: 143.91mg (14.39%), Vitamin C: 11.59mg (14.05%), Vitamin E: 1.88mg (12.55%), Vitamin D: 0.17µg (1.11%)