



East African Braised Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 pound chicken breast halves
- ☐ 0.5 pound skin-on chicken drumsticks
- ☐ 0.5 pound strips.
- ☐ 1 teaspoon curry powder
- ☐ 3 tablespoons dates pitted chopped
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup fat-skimmed beef broth fat-free

- ☐ 1 tablespoon ginger fresh peeled chopped
- ☐ 2 large garlic clove thinly sliced
- ☐ 3 tablespoons golden raisins
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 3 cups onion vertically sliced
- ☐ 0.5 teaspoon salt

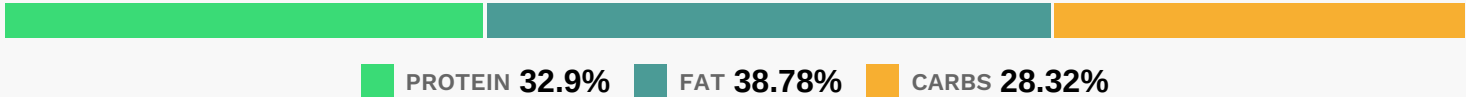
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350
- ☐ Sprinkle chicken with salt and black pepper.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side or until golden brown.
- ☐ Remove the chicken from pan.
- ☐ Add the onion to pan; reduce heat to medium-low, and cook for 10 minutes, stirring frequently.
- ☐ Add the ginger and next 5 ingredients (ginger through garlic); cook for 1 minute. Stir in chicken, broth, and the remaining ingredients, and bring to a boil. Cover and bake at 350 for 1 hour.

Nutrition Facts



Properties

Glycemic Index:68.67, Glycemic Load:11.56, Inflammation Score:-7, Nutrition Score:20.543478001719%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 24.77mg, Quercetin: 24.77mg, Quercetin: 24.77mg, Quercetin: 24.77mg

Nutrients (% of daily need)

Calories: 459.58kcal (22.98%), Fat: 19.05g (29.31%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 27.37g (9.95%), Sugar: 19.29g (21.43%), Cholesterol: 144.95mg (48.32%), Sodium: 597.41mg (25.97%), Alcohol: 3.09g (100%), Alcohol %: 1.01% (100%), Protein: 36.37g (72.73%), Vitamin B3: 14mg (70.02%), Selenium: 47.2µg (67.43%), Vitamin B6: 1.21mg (60.37%), Phosphorus: 400.48mg (40.05%), Potassium: 909.17mg (25.98%), Vitamin B5: 2.47mg (24.75%), Manganese: 0.48mg (24.24%), Vitamin B2: 0.3mg (17.7%), Magnesium: 68.29mg (17.07%), Fiber: 3.92g (15.69%), Zinc: 2.32mg (15.46%), Vitamin C: 11.08mg (13.42%), Vitamin B12: 0.8µg (13.31%), Vitamin B1: 0.2mg (13.24%), Iron: 1.92mg (10.66%), Copper: 0.21mg (10.54%), Folate: 33.3µg (8.32%), Vitamin E: 1.06mg (7.08%), Vitamin K: 6.83µg (6.5%), Calcium: 64.73mg (6.47%), Vitamin A: 149.92IU (3%), Vitamin D: 0.18µg (1.2%)