



French Honey-Baked Chicken with Preserved Lemons

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 32 ounce chicken breast halves
- ☐ 16 ounce skin-on chicken drumsticks
- ☐ 16 ounce chicken thighs
- ☐ 3 cups cooking wine dry white
- ☐ 0.5 cup honey divided
- ☐ 1.3 teaspoons kosher salt

- ☐ 2.5 tablespoons matzo meal
- ☐ 1.5 teaspoons olive oil
- ☐ 2 onions separated sliced
- ☐ 0.3 cup preserved lemons

Equipment

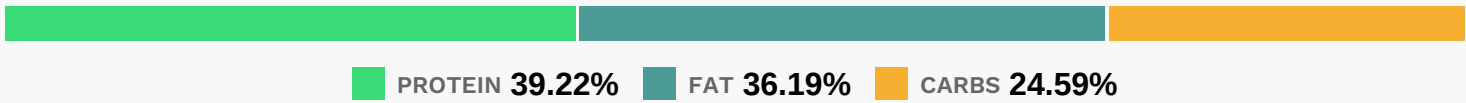
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ ziploc bags

Directions

- ☐ Combine 6 tablespoons honey and wine in a small saucepan; bring to a boil. Cook until reduced to 1 1/2 cups (about 20 minutes); stir in Preserved Lemons.
- ☐ Preheat oven to 37
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onions to pan; saut 5 minutes or until slightly tender.
- ☐ Transfer to a roasting pan coated with cooking spray.
- ☐ Place chicken, meaty side up, on top of onions.
- ☐ Combine remaining 2 tablespoons honey, salt, and pepper in a small bowl. Rub honey mixture under chicken skin.
- ☐ Pour wine mixture over chicken in roasting pan.
- ☐ Bake at 375 for 50 minutes or until chicken is done.
- ☐ Remove chicken from pan, reserving wine mixture.
- ☐ Let chicken stand 10 minutes.

- ☐
- Remove skin from chicken; discard.
- ☐
- Place a zip-top plastic bag inside a 2-cup glass measure. Strain wine mixture from pan through a fine sieve into bag; discard solids.
- ☐
- Let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐
- Drain drippings into a small saucepan, stopping before fat layer reaches opening; discard fat.
- ☐
- Add matzo meal to pan, stirring with a whisk. Bring to a boil; cook 1 minute or until thickened.
- ☐
- Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:15.78, Glycemic Load:10.05, Inflammation Score:-5, Nutrition Score:19.122173656588%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 485.36kcal (24.27%), Fat: 16.74g (25.76%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 24.64g (8.96%), Sugar: 19.75g (21.95%), Cholesterol: 163.09mg (54.36%), Sodium: 584.56mg (25.42%), Alcohol: 9.27g (100%), Alcohol %: 3.25% (100%), Protein: 40.82g (81.65%), Vitamin B3: 16.58mg (82.88%), Selenium: 55.82µg (79.74%), Vitamin B6: 1.26mg (62.86%), Phosphorus: 418.88mg (41.89%), Vitamin B5: 2.69mg (26.9%), Potassium: 741.66mg (21.19%), Vitamin B2: 0.29mg (17.06%), Zinc: 2.32mg (15.48%), Magnesium: 61.14mg (15.28%), Vitamin B12: 0.8µg (13.31%), Manganese: 0.24mg (11.77%), Vitamin B1: 0.17mg (11.65%), Iron: 1.55mg (8.63%), Copper: 0.11mg (5.47%), Fiber: 1.11g (4.46%), Vitamin C: 3.5mg (4.24%), Folate: 14.49µg (3.62%), Vitamin E: 0.52mg (3.49%), Vitamin K: 3.61µg (3.43%), Calcium: 31.17mg (3.12%), Vitamin A: 97.29IU (1.95%), Vitamin D: 0.21µg (1.39%)