



WHATSheATE



French Stewed Chicken Thighs

READY IN



65 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette for serving
- ☐ 2 tablespoons butter
- ☐ 8 ounces button mushrooms quartered
- ☐ 28 ounce canned tomatoes chopped canned
- ☐ 1 carrots finely chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons evoo
- ☐ 1 cup flour all-purpose for dredging

- ☐ 0.3 cup tarragon fresh chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 large shallots finely chopped
- ☐ 8 chicken thighs bone-in skinless
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup picholine black pitted finely chopped

Equipment

- ☐ oven
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Put the flour in a shallow dish and season with the thyme, salt and pepper. Dredge the chicken in the flour, shaking off the excess.
- ☐ Heat the EVOO in a Dutch oven over medium-high heat.
- ☐ Add the chicken and cook until browned and crisp on both sides.
- ☐ Remove to a plate. Melt the butter in the pot over medium heat.
- ☐ Add the mushrooms and cook until lightly browned.
- ☐ Add the shallots, carrots and sugar, and season with salt and pepper. Cook for a couple of minutes to soften. Deglaze with the wine, stirring and scraping up any browned bits from the bottom of the pot with a wooden spoon. Stir in the tarragon, olives and tomatoes and bring to a simmer. Return the chicken to the pot and cook, partially covered, for 30 minutes, stirring occasionally. Preheat the oven to 350 degrees F. Slice the baguette on an angle and toast in the oven. Divide the chicken and sauce among plates and serve with the baguette. Cook's Note: The stewed chicken can be covered and refrigerated for a make-ahead meal. Reheat over medium heat.

Nutrition Facts



 PROTEIN **28.83%**  FAT **30.56%**  CARBS **40.61%**

Properties

Glycemic Index:124.67, Glycemic Load:44.77, Inflammation Score:-10, Nutrition Score:46.329130991645%

Flavonoids

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 774.61kcal (38.73%), Fat: 25.84g (39.76%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 77.26g (25.75%), Net Carbohydrates: 69.24g (25.18%), Sugar: 15.43g (17.15%), Cholesterol: 208.85mg (69.62%), Sodium: 1263.3mg (54.93%), Alcohol: 3.09g (100%), Alcohol %: 0.61% (100%), Protein: 54.86g (109.71%), Selenium: 74.43µg (106.33%), Vitamin B3: 21.08mg (105.41%), Vitamin B6: 1.5mg (75.21%), Vitamin B1: 1.02mg (67.9%), Vitamin A: 3386.3IU (67.73%), Vitamin B2: 1.11mg (65.29%), Manganese: 1.29mg (64.66%), Phosphorus: 617.72mg (61.77%), Iron: 9.81mg (54.52%), Folate: 185.07µg (46.27%), Potassium: 1589.16mg (45.4%), Vitamin B5: 4.32mg (43.23%), Copper: 0.83mg (41.74%), Magnesium: 135.29mg (33.82%), Zinc: 4.92mg (32.78%), Fiber: 8.02g (32.08%), Vitamin E: 4.78mg (31.85%), Vitamin K: 29.78µg (28.36%), Vitamin C: 23.07mg (27.96%), Vitamin B12: 1.34µg (22.34%), Calcium: 218.96mg (21.9%)