



Fried Chicken and Artichokes with Salsa Brava

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8.5 ounce artichoke hearts halved drained canned
- ☐ 3 bay leaves
- ☐ 1 cup beer
- ☐ 1 pinch cayenne pepper
- ☐ 18 chicken wing drumettes
- ☐ 1 tablespoon coriander seeds crushed
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 tablespoons cooking wine dry white

- ☐ 1 cup flour all-purpose
- ☐ 1 clove garlic coarsely chopped
- ☐ 5 cloves garlic smashed
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings lemon wedges for serving
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings olive oil for frying extra-virgin
- ☐ 1 teaspoon oregano dried
- ☐ 6 ounce pimiento peppers drained
- ☐ 0.3 onion red coarsely chopped
- ☐ 2 teaspoons paprika smoked
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 teaspoons citrus champagne vinegar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer

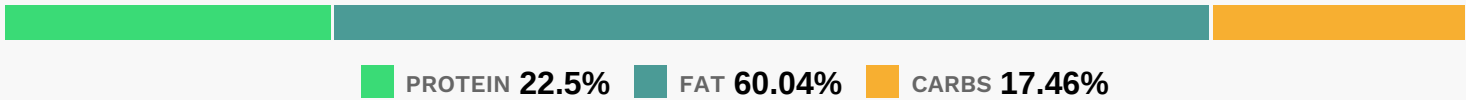
Directions

- ☐ Mix the beer, vinegar, oregano, garlic, coriander, bay leaves, 2 teaspoons salt and 1/2 teaspoon black pepper in a large bowl.
- ☐ Add the chicken, cover and refrigerate at least 6 hours or overnight.
- ☐ Meanwhile, make the salsa: Puree the peppers, onion, garlic, olive oil, coriander, paprika, cumin, thyme, cayenne, wine and vinegar in a food processor until smooth. Season with salt and

black pepper, cover and refrigerate at least 2 hours.

- ☐ Heat 1 inch of olive oil in a large pot until a deep-fry thermometer registers 350 degrees F. Meanwhile, season the flour with salt and black pepper in a bowl.
- ☐ Remove the chicken from the marinade and pat dry. Dredge the chicken in the flour and fry in batches, turning as needed, until golden brown, 10 to 12 minutes.
- ☐ Drain on paper towels.
- ☐ Return the oil to 350 degrees F. Dredge the artichoke hearts in the remaining flour and fry until golden brown, 3 to 4 minutes.
- ☐ Drain on paper towels and squeeze a few lemon wedges on top.
- ☐ Serve the chicken and artichokes with the salsa and more lemon.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:12.6, Inflammation Score:-8, Nutrition Score:16.920435073583%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 552.55kcal (27.63%), Fat: 35.43g (54.51%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 20.49g (7.45%), Sugar: 1.43g (1.59%), Cholesterol: 111.02mg (37.01%), Sodium: 260mg (11.3%), Alcohol: 2.05g (100%), Alcohol %: 0.79% (100%), Protein: 29.87g (59.75%), Vitamin B3: 10.26mg (51.31%), Selenium: 30.44µg (43.49%), Vitamin B6: 0.66mg (33.08%), Vitamin C: 25.98mg (31.49%), Phosphorus: 240.02mg (24%), Iron: 3.28mg (18.2%), Vitamin B1: 0.27mg (17.75%), Manganese: 0.35mg (17.36%), Vitamin E: 2.52mg (16.82%), Vitamin B2: 0.27mg (15.72%), Zinc: 2.26mg (15.05%), Vitamin A: 665.72IU (13.31%), Folate: 51.58µg (12.9%), Vitamin

B5: 1.29mg (12.89%), Vitamin K: 12.86µg (12.25%), Magnesium: 44.46mg (11.12%), Fiber: 2.7g (10.8%), Potassium: 374.36mg (10.7%), Vitamin B12: 0.47µg (7.82%), Copper: 0.14mg (7.13%), Calcium: 50.21mg (5.02%)