



 11%
HEALTH SCORE

Fried Chicken and Artichokes With Salsa Brava

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 cup beer
- 1 pinch ground pepper
- 18 chicken wings
- 1 tablespoon coriander seeds crushed
- 0.3 teaspoon thyme dried
- 2 tablespoons wine dry white

- 0.3 cup olive oil extra virgin
- 1 cup flour
- 1 garlic clove coarsely chopped
- 5 garlic clove smashed
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 6 servings lemon wedges for serving
- 8.5 ounces marinated artichoke halved drained
- 6 servings olive oil for frying
- 1 teaspoon oregano dried
- 6 ounces roasted peppers red (roasted pepper)
- 0.3 onion red coarsely chopped
- 6 servings pepper black freshly ground
- 2 teaspoons paprika smoked
- 0.3 cup sherry vinegar
- 2 teaspoons sherry vinegar

Equipment

- bowl
- pot

Directions

- First, prepare the chicken; in a large bowl, combine beer, vinegar, oregano, garlic, coriander, bay leaves, 2 teaspoons salt, 1/2 teaspoon pepper; add chicken, cover, and refrigerate 6 hours, up to overnight. Meanwhile, make the salsa: puree salsa ingredients; season with salt and pepper, cover, refrigerate at least 2 hours.
- Heat 1 inch of oil in a large pot to medium heat, 350 degrees F.
- Remove chicken pieces from marinade and pat dry; dredge in flour. Fry chicken, in batches, turning several times, until golden brown, about 10-12 minutes in total: drain on paper toweling. Dredge artichoke hearts in flour and fry until golden, about 3 to 4 minutes: drain on

paper toweling and drizzle with fresh lemon juice.

Serve chicken pieces with artichokes and salsa and lemon wedges.

Nutrition Facts

PROTEIN 21.19% **FAT 62.22%** **CARBS 16.59%**

Properties

Glycemic Index:55.33, Glycemic Load:12.52, Inflammation Score:-8, Nutrition Score:17.335217411103%

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: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 586.9kcal (29.34%), Fat: 39.08g (60.12%), Saturated Fat: 8.58g (53.6%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 20.7g (7.53%), Sugar: 0.84g (0.94%), Cholesterol: 111.02mg (37.01%), Sodium: 651.58mg (28.33%), Alcohol: 2.05g (100%), Alcohol %: 0.79% (100%), Protein: 29.95g (59.9%), Vitamin B3: 10.28mg (51.41%), Selenium: 30.53µg (43.61%), Vitamin B6: 0.65mg (32.43%), Vitamin C: 24.8mg (30.06%), Phosphorus: 240.02mg (24%), Vitamin A: 1109.87IU (22.2%), Iron: 3.7mg (20.53%), Manganese: 0.36mg (17.89%), Vitamin B1: 0.26mg (17.14%), Vitamin E: 2.42mg (16.12%), Vitamin B2: 0.27mg (15.75%), Zinc: 2.27mg (15.14%), Folate: 53.28µg (13.32%), Vitamin B5: 1.27mg (12.71%), Magnesium: 44.74mg (11.19%), Fiber: 2.74g (10.98%), Potassium: 366.14mg (10.46%), Vitamin K: 10.76µg (10.25%), Copper: 0.16mg (8.04%), Vitamin B12: 0.47µg (7.82%), Calcium: 67.03mg (6.7%)