



Garlic Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup chicken broth
- ☐ 1 leaf flat parsley fresh chopped for garnish
- ☐ 6 cloves cloves minced crushed
- ☐ 0.3 cup olive oil
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup cooking sherry
- ☐ 4 chicken thighs boneless skinless cut into 1 1/2-inch pieces, or 12 chicken wings, tips removed

- ☐ 4 servings paprika sweet
- ☐ 3 thyme sprigs fresh

Equipment

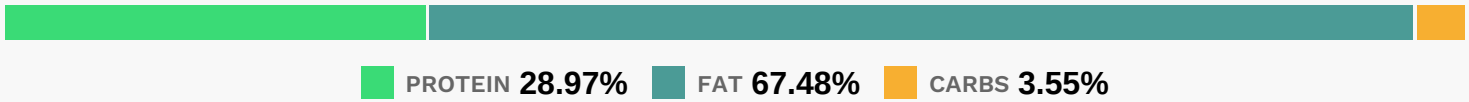
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Rub the chicken with paprika, salt, and pepper and set aside at room temperature for at least 1 hour or preferably in the refrigerator at least 8 hours or overnight.
- ☐ Preheat the oven to 400°F.
- ☐ In a large sauté pan, heat the oil over medium heat.
- ☐ Add the crushed garlic and cook, stirring, until softened but not colored, 2 minutes.
- ☐ Add the chicken pieces and fry, turning as needed, until golden on both sides, 5 to 8 minutes. You want them nicely colored on the outside but not cooked through. Using a slotted spoon, transfer to paper towels to drain briefly, and then arrange the pieces in a cazuela or baking dish large enough to hold them in a single layer.
- ☐ Remove the crushed garlic from the oil and discard. Return the pan to low heat.
- ☐ Add the minced garlic and cook briefly.
- ☐ Add the thyme, bay leaves, sherry, and broth, raise the heat to high, and bring to a boil.
- ☐ Remove from the heat and pour over the chicken.
- ☐ Bake the chicken until cooked through, 25 to 30 minutes.
- ☐ Remove from the oven and discard the bay leaves and thyme. If the pan juices are thin, transfer to a small saucepan and cook over medium high heat until reduced, and then return to the cazuela.

- ☐ Sprinkle with the parsley and serve at once.
- ☐ You also can complete the cooking on the stove top. Sauté the minced garlic as directed, return the chicken to the pan, add the sherry and broth, and simmer, uncovered, until most of the liquid has evaporated and the chicken is tender, 15 to 20 minutes
- ☐ Wine
- ☐ Spanish: rosé (Campo de Borja, Navarre), Tempranillo/blend (Rioja, Catalonia)Non-Spanish: rosé (Rhône Valley and Provence, France), Pinot Noir (Oregon, France, New Zealand)
- ☐ From Tapas: Sensational Small Plates from Spain by Joyce Goldstein. Text copyright © 2009 by Joyce Goldstein; food photography © 2009 by Leigh Beisch. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:14.257391235103%

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: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 328.14kcal (16.41%), Fat: 23.05g (35.46%), Saturated Fat: 3.74g (23.37%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.56g (0.62%), Cholesterol: 107.94mg (35.98%), Sodium: 216.49mg (9.41%), Alcohol: 3.09g (100%), Alcohol %: 2.02% (100%), Protein: 22.27g (44.53%), Manganese: 1.01mg (50.73%), Selenium: 25.86µg (36.95%), Vitamin B3: 6.55mg (32.75%), Vitamin B6: 0.55mg (27.46%), Phosphorus: 223.74mg (22.37%), Vitamin E: 3.23mg (21.56%), Vitamin K: 21.43µg (20.41%), Vitamin B2: 0.24mg (14.21%), Vitamin B5: 1.41mg (14.1%), Zinc: 1.87mg (12.48%), Vitamin B12: 0.73µg (12.15%), Vitamin A: 582.98IU (11.66%), Potassium: 349.26mg (9.98%), Iron: 1.67mg (9.29%), Magnesium: 36.5mg (9.13%), Vitamin B1: 0.12mg (7.72%), Copper: 0.09mg (4.38%), Fiber: 1.01g (4.04%), Calcium: 30.24mg (3.02%), Vitamin C: 1.57mg (1.9%), Folate: 6.51µg (1.63%)