



Get Yo' Man Chicken

 **Gluten Free**  **Dairy Free**

READY IN



63 min.

SERVINGS



6

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes thick crushed canned
- 1 cup chicken stock see
- 0.5 tablespoon rosemary dried
- 1 teaspoon thyme leaves dried
- 2 tablespoons parsley leaves fresh chopped
- 1 tablespoon lemon-pepper
- 2 tablespoons olive oil
- 1 medium onion sliced

- 0.5 teaspoon pepper
- 6 servings buttered rice hot
- 1 teaspoon salt
- 6 chicken thighs skinless
- 0.5 cup white wine

Equipment

- frying pan
- paper towels
- ladle

Directions

- Watch how to make this recipe.
- Heat the oil in a 12-inch skillet over medium-high heat.
- Pat chicken dry with a paper towel and season with salt and pepper. Brown the chicken, meat-side down first, and turning once, about 4 minutes on each side.
- Transfer to a plate to reserve.
- Pour off all but 1 tablespoon of oil from the pan.
- Add onion to the pan and saute until tender, roughly 3 minutes.
- Add the stock and wine and stir, scrapping any brown bits off the bottom of the pan. Turn heat to high and reduce by half, about 3 minutes.
- Pour in the crushed tomatoes and add the dried herbs and lemon pepper.
- Add the chicken thighs back into the pan. Cover and cook on medium-low heat for 40 minutes.
- Remove chicken from liquid and serve on hot buttered rice. Ladle the sauce on top and garnish with fresh chopped parsley.

Nutrition Facts



Properties

Glycemic Index:51.2, Glycemic Load:2.52, Inflammation Score:-6, Nutrition Score:15.883478330529%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 243.85kcal (12.19%), Fat: 10.09g (15.53%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 8.38g (3.05%), Sugar: 4.64g (5.15%), Cholesterol: 108.55mg (36.18%), Sodium: 638.82mg (27.77%), Alcohol: 2.06g (100%), Alcohol %: 0.97% (100%), Protein: 24.37g (48.73%), Vitamin B3: 7.88mg (39.4%), Selenium: 27.17µg (38.81%), Vitamin K: 36.59µg (34.84%), Vitamin B6: 0.67mg (33.6%), Phosphorus: 257.17mg (25.72%), Manganese: 0.37mg (18.48%), Potassium: 587.67mg (16.79%), Vitamin B2: 0.28mg (16.64%), Vitamin B5: 1.61mg (16.1%), Zinc: 2.07mg (13.8%), Iron: 2.46mg (13.66%), Magnesium: 48.78mg (12.2%), Vitamin B1: 0.18mg (12.09%), Vitamin B12: 0.72µg (12.05%), Copper: 0.24mg (12.03%), Vitamin E: 1.78mg (11.89%), Vitamin C: 9.7mg (11.76%), Fiber: 2.1g (8.39%), Vitamin A: 306.23IU (6.12%), Folate: 22.38µg (5.6%), Calcium: 53.54mg (5.35%)