



Glazed Chicken with Dried Fruit and Parsnips



Gluten Free



Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



985 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup apricot preserves
- ☐ 0.5 cup apricots dried roughly chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 medium parsnips peeled cut into 1-inch chunks

- ☐ 0.5 cup prune- cut to pieces pitted roughly chopped
- ☐ 6 medium shallots
- ☐ 8 medium skin-on bone-in
- ☐ 2 tablespoons whole-grain mustard

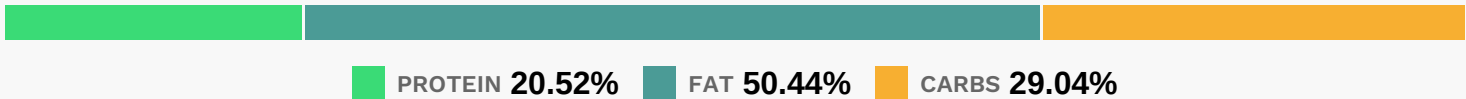
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Position a rack in the center of the oven and preheat to 42
- ☐ Heat the olive oil in a large ovenproof skillet over high heat.
- ☐ Add the shallots and parsnips and cook until golden, shaking the pan, 2 minutes.
- ☐ Whisk the apricot preserves, mustard, ginger and cumin in a bowl. Season the chicken with salt and pepper; toss with the apricot glaze.
- ☐ Scatter the dried fruit in the skillet.
- ☐ Place the chicken, skin-side up, on top.
- ☐ Add 1/4 cup water and bring to a boil. Cover and cook until heated through, 6 minutes. Uncover and transfer the skillet to the oven. Cook until the chicken and vegetables are tender and golden, 20 to 25 minutes.
- ☐ Push the chicken to the side of the skillet, then stir the vinegar into the pan juices (add up to 2 tablespoons water if the sauce is too thick).
- ☐ Serve from the skillet.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:18.71, Inflammation Score:-8, Nutrition Score:39.031738970591%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 985.09kcal (49.25%), Fat: 56.04g (86.22%), Saturated Fat: 14.05g (87.82%), Carbohydrates: 72.58g (24.19%), Net Carbohydrates: 60.57g (22.03%), Sugar: 36.06g (40.06%), Cholesterol: 283.22mg (94.41%), Sodium: 529.65mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.3g (102.6%), Selenium: 60.95µg (87.07%), Vitamin B3: 15.52mg (77.6%), Manganese: 1.35mg (67.54%), Vitamin B6: 1.34mg (67.07%), Phosphorus: 626.79mg (62.68%), Vitamin K: 59.03µg (56.22%), Potassium: 1687.01mg (48.2%), Fiber: 12g (48.02%), Vitamin B5: 4.18mg (41.79%), Vitamin C: 31.43mg (38.1%), Zinc: 4.93mg (32.85%), Folate: 128.58µg (32.14%), Magnesium: 128.42mg (32.1%), Vitamin E: 4.8mg (31.98%), Vitamin B2: 0.53mg (31.17%), Vitamin B12: 1.85µg (30.83%), Vitamin B1: 0.41mg (27.02%), Copper: 0.51mg (25.68%), Iron: 4.46mg (24.8%), Vitamin A: 1031.5IU (20.63%), Calcium: 123.1mg (12.31%), Vitamin D: 0.29µg (1.93%)