



Google's Braised Chicken and Kale



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs separated
- ☐ 1 cup wine dry white
- ☐ 6 garlic clove sliced
- ☐ 1 large bunch crossing over quintessential american desserts cut into 1" strips
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings lemon wedges
- ☐ 2 cups chicken broth low-sodium
- ☐ 1 teaspoon olive oil

- ☐ 1 medium onion sliced
- ☐ 1 tablespoon paprika
- ☐ 2 sprigs rosemary
- ☐ 2 sprigs thyme leaves

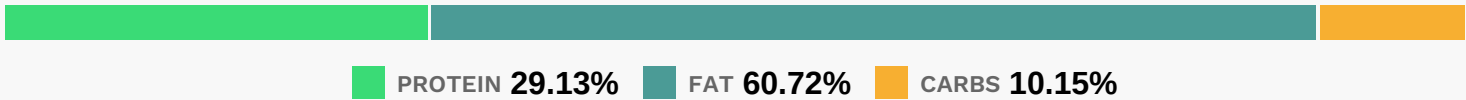
Equipment

- ☐ pot

Directions

- ☐ Sprinkle chicken with paprika;season with salt and pepper.
- ☐ Heat oil in a large pot over medium heat.
- ☐ Add chicken skin side down and cook, turning occasionally, until brown on all sides, 8-10 minutes; transfer to a plate.
- ☐ Add onion and garlic to pot and cook, stirring often, until softened, 8-10 minutes. Return chicken to pot; add broth, wine, and herbs. Bring to a boil; cover. Reduce heat; simmer until chicken is cooked through, 30-40 minutes.
- ☐ Add kale to pot. Cover; cook until wilted, about 5 minutes. Discard herbs.
- ☐ Serve chicken and kale with lemon wedges.
- ☐ Per serving: 340 calories, 13 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:13.30347829798%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg

Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg
Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,
Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin:
5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 377.26kcal (18.86%), Fat: 22.62g (34.81%), Saturated Fat: 6.07g (37.91%), Carbohydrates: 8.51g (2.84%),
Net Carbohydrates: 7.19g (2.62%), Sugar: 2.15g (2.39%), Cholesterol: 119.99mg (40%), Sodium: 149.93mg (6.52%),
Alcohol: 6.18g (100%), Alcohol %: 2.28% (100%), Protein: 24.42g (48.84%), Vitamin B3: 8.04mg (40.2%), Selenium:
24.19µg (34.55%), Vitamin B6: 0.58mg (29.12%), Phosphorus: 267.41mg (26.74%), Vitamin A: 1007.55IU (20.15%),
Vitamin B2: 0.26mg (15.49%), Zinc: 2.28mg (15.2%), Potassium: 510.47mg (14.58%), Vitamin B5: 1.42mg (14.17%),
Vitamin B12: 0.84µg (14.05%), Manganese: 0.25mg (12.6%), Iron: 1.93mg (10.72%), Magnesium: 39.85mg (9.96%),
Copper: 0.17mg (8.69%), Vitamin B1: 0.13mg (8.38%), Vitamin E: 0.95mg (6.32%), Vitamin C: 5.07mg (6.15%),
Vitamin K: 5.56µg (5.3%), Fiber: 1.32g (5.27%), Calcium: 43.59mg (4.36%), Folate: 12.48µg (3.12%)