



## Greek Chicken Kozani

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**388 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 4 servings pepper black to taste
- 3 tablespoons olive oil
- 20 prune- cut to pieces pitted
- 3 large onion red halved sliced lengthwise
- 1 tablespoon salt to taste
- 4 chicken thighs skinless
- 1.5 tablespoons paprika sweet

4 cups water

## Equipment

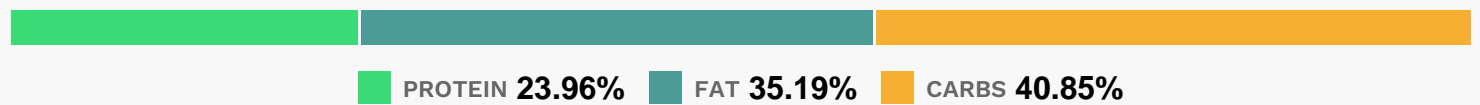
frying pan

sauce pan

## Directions

- Place the chicken thighs and water into a saucepan. Bring to a boil over high heat, then reduce heat to medium-low, and simmer 10 to 15 minutes. Skim off any foam that floats to the surface.
- Meanwhile, heat the olive oil in a large skillet over low heat. Stir in the onions, and cook covered until soft and translucent, about 10 minutes. Do not let the onions brown.
- Add the chicken to the onions along with 3 cups of the cooking liquid. Stir in the prunes, paprika, bay leaves, salt, and pepper. Return to a simmer, cover, and cook until the prunes are tender and the flavors have combined, 15 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.75, Glycemic Load:10.03, Inflammation Score:-9, Nutrition Score:19.001304460608%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 17.65mg, Quercetin: 17.65mg, Quercetin: 17.65mg, Quercetin: 17.65mg

## Nutrients (% of daily need)

Calories: 388.1kcal (19.41%), Fat: 15.76g (24.25%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 35.27g (12.82%), Sugar: 22.82g (25.36%), Cholesterol: 107.35mg (35.78%), Sodium: 1862.84mg (80.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.29%), Vitamin K: 41.95µg (39.95%), Vitamin B6: 0.76mg (38.09%), Vitamin B3: 7.61mg (38.06%), Selenium: 26.28µg (37.54%), Vitamin A: 1715.83IU

(34.32%), Phosphorus: 278.19mg (27.82%), Fiber: 5.91g (23.63%), Potassium: 825.21mg (23.58%), Vitamin B2: 0.35mg (20.47%), Vitamin E: 2.71mg (18.08%), Vitamin B5: 1.74mg (17.36%), Manganese: 0.34mg (16.85%), Magnesium: 62.05mg (15.51%), Zinc: 2.22mg (14.82%), Copper: 0.3mg (14.77%), Iron: 2.2mg (12.23%), Vitamin B12: 0.72µg (12.05%), Vitamin B1: 0.17mg (11.6%), Vitamin C: 6.45mg (7.82%), Calcium: 65.8mg (6.58%), Folate: 23.59µg (5.9%)