



Greek-Style Stewed Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 broiler-fryer chicken cut into 8 pieces (1 chicken = 3 1/2 lb)
- 0.5 cup cooking wine dry white (such as Pinot Blanc or Chardonnay)
- 2 tablespoons olive oil extra virgin
- 2 tablespoons garlic divided minced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground pepper black
- 2 teaspoons kosher salt
- 2 cups onion chopped

- 1 tablespoon oregano fresh chopped
- 0.5 cup parmesan cheese grated
- 1 tablespoon hunt's tomato paste
- 14.5 oz hunt's tomatoes diced fire roasted undrained canned

Equipment

- bowl
- frying pan
- paper towels
- wooden spoon

Directions

- Hands On: 25 minutes Total: 1 hour 25 minutes Pat chicken dry with paper towels. Discard wings, back and giblets or save for another use.
- Mix salt, pepper and cinnamon in small bowl; rub chicken pieces with salt mixture.
- Heat oil in 11-inch skillet with high sides over high heat until hot.
- Add chicken, skin side down. Cook 4 to 5 minutes on each side or until brown. (Cook chicken in 2 batches if pan is too small for chicken to brown properly.)
- Remove chicken from skillet and place on plate; keep warm. Reduce heat to medium-high.
- Add onion and 1 tablespoon garlic. Cook 3 minutes or until onion is tender, stirring occasionally.
- Add wine and scrape bottom of skillet with wooden spoon to loosen any cooked-on brown bits. Continue cooking until wine has evaporated.
- Add undrained tomatoes, remaining garlic and oregano to skillet; stir. Return chicken, skin side down, and juices to skillet. Cover; reduce heat to low. Cook slowly 25 to 30 minutes or until chicken is tender and no longer pink.
- Remove chicken from skillet; keep warm. Stir tomato paste into sauce. Cook uncovered over medium heat 10 minutes or until sauce reduces by about half.
- Serve chicken with sauce.
- Sprinkle each serving with cheese, if desired.

Nutrition Facts

PROTEIN 28.66% FAT 59.76% CARBS 11.58%

Properties

Glycemic Index:46.5, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:20.625217603601%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg, Quercetin: 16.32mg

Nutrients (% of daily need)

Calories: 615.6kcal (30.78%), Fat: 39.1g (60.16%), Saturated Fat: 11.29g (70.59%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 13.73g (4.99%), Sugar: 6.75g (7.5%), Cholesterol: 151.33mg (50.44%), Sodium: 1692.14mg (73.57%), Alcohol: 3.09g (100%), Alcohol %: 0.9% (100%), Protein: 42.19g (84.39%), Vitamin B3: 13.33mg (66.66%), Selenium: 31.55µg (45.06%), Vitamin B6: 0.86mg (43.12%), Phosphorus: 407.7mg (40.77%), Calcium: 257.54mg (25.75%), Manganese: 0.47mg (23.62%), Zinc: 3.13mg (20.89%), Vitamin B5: 1.95mg (19.51%), Iron: 3.41mg (18.93%), Vitamin B2: 0.31mg (18.49%), Vitamin A: 863.74IU (17.27%), Potassium: 590.99mg (16.89%), Vitamin K: 16.99µg (16.18%), Vitamin C: 12.99mg (15.74%), Magnesium: 61.83mg (15.46%), Vitamin E: 2.04mg (13.62%), Fiber: 3.32g (13.29%), Vitamin B12: 0.74µg (12.34%), Vitamin B1: 0.17mg (11.38%), Copper: 0.17mg (8.58%), Folate: 31.48µg (7.87%), Vitamin D: 0.44µg (2.96%)