



Herbed Chicken with Spring Vegetables

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby carrots green trimmed peeled
- 6 servings pepper black freshly ground
- 3 skin-on chicken breasts boneless
- 1 tablespoon butter
- 1 cup chicken broth
- 6 cipollini onions trimmed peeled
- 1 teaspoon fennel seeds
- 0.3 cup parsley leaves fresh chopped

- 0.3 cup thyme leaves fresh chopped
- 3 cloves garlic minced
- 6 servings kosher salt
- 4 ounces morel mushrooms
- 3 tablespoons olive oil
- 0.3 teaspoon pepper flakes red
- 3 skin-on thighs bone-in
- 6 ounces snap peas trimmed

Equipment

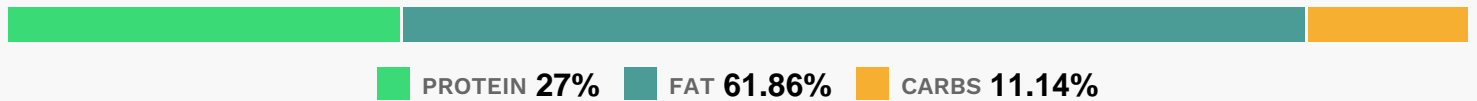
- bowl
- frying pan
- oven
- baking pan
- wooden spoon

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. In a small bowl combine the thyme, parsley, garlic, fennel seeds, red pepper flakes, and a pinch of salt and pepper. Stir to combine.
- Place the chicken pieces on a work surface. Gently loosen the skin of the chicken and push the herb mixture under the skin. Season the chicken all over with salt and pepper.
- Warm the olive oil in a large skillet over medium-high heat.
- Place the chicken in the pan, skin side down, when the oil is hot. Cook until the skin is crispy and golden, about 5 minutes. Turn the chicken and cook the same way on the other side. Turn the heat off the pan and reserve.
- Transfer the chicken to a baking dish, skin side up again, and finish cooking in the oven, about 15 minutes.
- Meanwhile return the same pan to medium heat.

- Add 1 tablespoon of the butter. When the butter has melted add the cipollini onions and carrots.
- Sprinkle with salt and pepper. Cook until tender and golden in places, about 7 minutes.
- Add the chicken broth and scrape any brown bits off the bottom of the pan with a wooden spoon.
- Add the snap peas
- and mushrooms. Simmer over low heat until the vegetables are tender and the liquid has reduced by half, about 5 minutes. Season with salt and pepper, if necessary.
- Remove the chicken from the oven. Spoon the vegetables onto a serving platter along with the chicken. Spoon the sauce over the chicken.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:23.869130341903%

Flavonoids

Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg, Apigenin: 5.44mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 386.03kcal (19.3%), Fat: 26.57g (40.87%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 7.33g (2.67%), Sugar: 4.53g (5.03%), Cholesterol: 112.76mg (37.59%), Sodium: 484.76mg (21.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Vitamin A: 6009.16IU (120.18%), Vitamin K: 57.93µg (55.17%), Vitamin B3: 9.99mg (49.95%), Vitamin B6: 0.73mg (36.25%), Selenium: 24.41µg (34.87%), Vitamin C: 27.08mg (32.82%), Phosphorus: 293.33mg (29.33%), Iron: 4.86mg (26.98%), Manganese: 0.41mg (20.67%), Vitamin B5: 1.71mg (17.07%), Potassium: 587.78mg (16.79%), Vitamin B2: 0.27mg (15.62%), Copper: 0.28mg (13.96%), Fiber: 3.44g (13.74%), Zinc: 2.06mg (13.71%), Magnesium: 51.67mg (12.92%), Vitamin B1: 0.19mg (12.39%), Vitamin B12: 0.67µg (11.1%), Vitamin E: 1.55mg (10.34%), Folate: 38.74µg (9.69%), Vitamin D: 1.26µg (8.41%), Calcium: 72.09mg (7.21%)