



Honey-Mustard Chicken and Apples

READY IN



40 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cooking apples cut into chunks (such as Cortland)
- 1 tablespoon flour all-purpose
- 1 tablespoons parsley fresh roughly chopped
- 2 tablespoons dijon honey mustard
- 4 servings kosher salt and pepper freshly ground
- 1 cup chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin
- 1 large onion cut into large chunks
- 2 pounds skin-on bone-in

1.5 teaspoons butter unsalted softened

Equipment

frying pan

oven

whisk

slotted spoon

Directions

Preheat the oven to 450 degrees F. Season the chicken with salt and pepper.

Heat the olive oil in a large ovenproof skillet over medium-high heat. Working in batches if necessary, add the chicken, skin-side down, and cook until golden, about 6 minutes. Flip and cook 2 to 3 more minutes, then transfer to a plate.

Pour off all but 2 tablespoons of the drippings.

Add the onion and apples to the skillet and season with salt and pepper. Cook until slightly softened, about 4 minutes.

Mix the broth with the mustard, then add to the skillet and bring to a boil. Arrange the chicken, skin-side up, in the skillet.

Transfer to the oven and roast until the chicken is cooked through, 15 to 20 minutes.

Mix the butter and flour to form a paste. Use a slotted spoon to transfer the chicken, apples and onion to plates. Bring the pan juices to a simmer, whisk in about half of the butter-flour mixture and boil to thicken, 2 minutes. Continue to cook, adding more of the butter-flour mixture as needed to make a slightly thick gravy. Season with salt and pepper.

Pour over the chicken and sprinkle with parsley.

Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 22.61% **FAT 62.66%** **CARBS 14.73%**

Properties

Glycemic Index:41.5, Glycemic Load:5.14, Inflammation Score:-5, Nutrition Score:17.161304380583%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 591.45kcal (29.57%), Fat: 41.11g (63.25%), Saturated Fat: 10.71g (66.95%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 18.84g (6.85%), Sugar: 12.65g (14.05%), Cholesterol: 192.95mg (64.32%), Sodium: 400.78mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.38g (66.75%), Selenium: 36.89µg (52.7%), Vitamin B3: 10.01mg (50.06%), Vitamin B6: 0.75mg (37.56%), Phosphorus: 346.23mg (34.62%), Vitamin K: 26.95µg (25.67%), Vitamin B12: 1.3µg (21.6%), Vitamin B5: 2.07mg (20.75%), Vitamin B2: 0.32mg (18.64%), Potassium: 606.16mg (17.32%), Zinc: 2.59mg (17.3%), Vitamin B1: 0.19mg (12.74%), Fiber: 2.91g (11.62%), Magnesium: 46.47mg (11.62%), Vitamin E: 1.64mg (10.91%), Vitamin C: 8.29mg (10.05%), Iron: 1.79mg (9.96%), Copper: 0.17mg (8.61%), Vitamin A: 331.35IU (6.63%), Manganese: 0.13mg (6.3%), Folate: 20.65µg (5.16%), Calcium: 34.17mg (3.42%), Vitamin D: 0.22µg (1.47%)