



Honey-Wine Braised Chicken Thighs with Mustard Greens

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 teaspoons sesame oil dark
- 0.8 cup fat-skimmed beef broth fat-free
- 2.5 tablespoons ginger fresh minced peeled
- 4 garlic clove minced
- 2 tablespoons honey
- 1.5 pounds mustard greens coarsely chopped
- 3 tablespoons oyster sauce

- 2 cups onion red chopped (1 large)
- 1 tablespoon sesame seed toasted
- 0.3 cup rice wine dry chinese (rice wine)
- 2 pounds chicken thighs boneless skinless

Equipment

- bowl
- frying pan
- oven
- dutch oven

Directions

- Preheat oven to 350
- Heat a large Dutch oven over high heat; add oil to pan, swirling to coat.
- Add chicken; cook 4 minutes on each side or until browned.
- Add onion; stir-fry 4 minutes. Reduce heat; add broth and Shaoxing, scraping pan to loosen browned bits. Stir in ginger, oyster sauce, honey, and garlic. Cover and bake at 350 for 30 minutes.
- Remove from oven. Shred chicken with 2 forks; return to pan.
- Place pan over medium-low heat.
- Add half of greens to pan; cover. Cook 5 minutes or until greens wilt; stir well. Repeat procedure with remaining greens. Cook mixture, covered, 15 minutes. Spoon 1 cup chicken mixture into each of 6 bowls; sprinkle each serving with 1/2 teaspoon sesame seeds.
- The Shaoxing Redemption: Yes, you can use dry sherry in place of Shaoxing (shaow-SHEEN) wine, but we recommend adding this fragrant, deeply nutty wine to your pantry--you can experiment with it in stews or other recipes calling for winey flavor. Look for it in Asian markets, where a 750-ml bottle goes for between \$4 and \$6. But beware of bottles labeled "Shaoxing cooking wine"--the cooking variety has salt added.

Nutrition Facts



■ PROTEIN 45.83% ■ FAT 28.05% ■ CARBS 26.12%

Properties

Glycemic Index:31.88, Glycemic Load:4.95, Inflammation Score:-10, Nutrition Score:31.286521662836%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 21.04mg, Isorhamnetin: 21.04mg, Isorhamnetin: 21.04mg, Isorhamnetin: 21.04mg Kaempferol: 43.78mg, Kaempferol: 43.78mg, Kaempferol: 43.78mg, Kaempferol: 43.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 20.84mg, Quercetin: 20.84mg, Quercetin: 20.84mg, Quercetin: 20.84mg

Nutrients (% of daily need)

Calories: 304.43kcal (15.22%), Fat: 9.18g (14.12%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 14.39g (5.23%), Sugar: 9.62g (10.69%), Cholesterol: 143.64mg (47.88%), Sodium: 522.54mg (22.72%), Alcohol: 2.15g (100%), Alcohol %: 0.71% (100%), Protein: 33.73g (67.46%), Vitamin K: 297.43µg (283.27%), Vitamin C: 84.14mg (101.99%), Vitamin A: 3466.81IU (69.34%), Selenium: 37.48µg (53.55%), Vitamin B6: 0.99mg (49.4%), Vitamin B3: 9.81mg (49.04%), Phosphorus: 382.6mg (38.26%), Potassium: 930.46mg (26.58%), Vitamin B2: 0.43mg (25.47%), Vitamin B5: 2.18mg (21.77%), Magnesium: 84.41mg (21.1%), Iron: 3.53mg (19.59%), Fiber: 4.83g (19.34%), Copper: 0.38mg (19.1%), Zinc: 2.84mg (18.94%), Vitamin B1: 0.27mg (17.97%), Calcium: 178.47mg (17.85%), Vitamin B12: 1.06µg (17.69%), Vitamin E: 2.6mg (17.32%), Manganese: 0.18mg (8.97%), Folate: 33.24µg (8.31%)