



Israeli Chicken Sofrito



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



135 min.

SERVINGS



8

CALORIES



1431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 8 chicken thighs bone-in
- ☐ 1.5 cups chicken stock see
- ☐ 2 tbsp olive oil extra virgin
- ☐ 0.5 tsp garlic powder
- ☐ 1.8 tsp paprika
- ☐ 6 qt pot roast cut with lid, slotted spatula
- ☐ 2 medium baking potatoes peeled cut into 1 1/2-inch chunks

- ☐ 8 servings pepper black freshly ground
- ☐ 1 medium sweet potatoes and into peeled cut into 1 1/2-inch chunks
- ☐ 1.3 tsp turmeric
- ☐ 2 medium onion yellow sliced

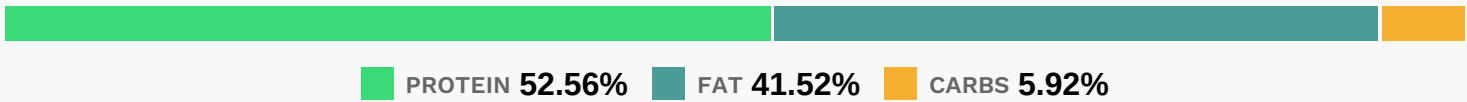
Equipment

- ☐ spatula
- ☐ dutch oven

Directions

- ☐ Save Recipe
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- ☐ Israeli Chicken Sofrito
- ☐ Ingredients8 bone-in skin-on chicken thighs2 tbsp extra virgin olive oil2 medium Russet potatoes, peeled and cut into 1 1/2-inch chunks1 medium sweet potato, peeled and cut into 1 1/2-inch chunks2 medium yellow onions, sliced
- ☐ Salt and freshly ground black pepper1 1/2 cups chicken stock1 3/4 tsp paprika1 1/4 tsp turmeric1/2 tsp garlic powder3 bay leaves
- ☐ You will also need6 qt. Dutch oven or heavy pot with lid, slotted spatula
- ☐ Prep Time: 20 Minutes
- ☐ Cook Time: 1 Hour 55 Minutes
- ☐ Total Time: 2 Hours 15 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:28.34, Glycemic Load:10.98, Inflammation Score:-10, Nutrition Score:55.903912875963%

Flavonoids

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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 1431.18kcal (71.56%), Fat: 64.08g (98.58%), Saturated Fat: 20.46g (127.88%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 18.24g (6.63%), Sugar: 3.46g (3.84%), Cholesterol: 604.31mg (201.44%), Sodium: 720.83mg (31.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 182.49g (364.99%), Selenium: 202.52µg (289.32%), Zinc: 41.1mg (273.97%), Vitamin B12: 15.9µg (265.01%), Vitamin B3: 45.29mg (226.45%), Vitamin B6: 4.29mg (214.53%), Phosphorus: 1721.13mg (172.11%), Iron: 16.39mg (91.07%), Potassium: 3081.32mg (88.04%), Vitamin A: 4373.65IU (87.47%), Vitamin B2: 1.47mg (86.54%), Vitamin B5: 6.55mg (65.46%), Magnesium: 216.49mg (54.12%), Vitamin B1: 0.75mg (50.05%), Copper: 0.86mg (43.01%), Folate: 115.2µg (28.8%), Vitamin E: 3.12mg (20.82%), Manganese: 0.37mg (18.71%), Vitamin K: 15.94µg (15.18%), Calcium: 143.82mg (14.38%), Fiber: 2.31g (9.23%), Vitamin C: 5.95mg (7.21%), Vitamin D: 0.85µg (5.7%)