



Lemon Chicken and Artichokes with Dill Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large artichokes
- ☐ 2 chickens cut into 8 pieces (each)
- ☐ 0.7 cup cooking wine dry white
- ☐ 3 large egg yolks
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 12 garlic cloves minced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 lemons halved

☐ 0.3 cup olive oil

Equipment

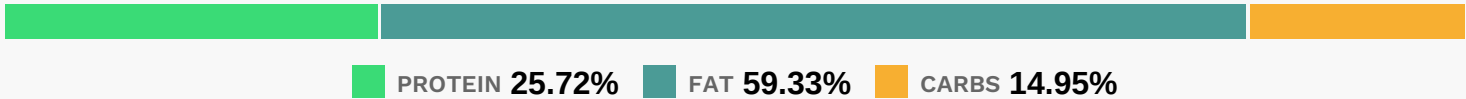
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Squeeze juice from lemons into large pot of salted water.
- ☐ Add lemons. Trim artichokes and cut lengthwise into quarters; add to pot. Bring to boil over medium-high heat. Cover partially and boil until artichokes are tender, about 20 minutes.
- ☐ Drain. Using shears, cut 1/2 inch off tips of leaves. Scoop out choke. (Can be prepared 1 day ahead. Cool. Wrap tightly in plastic and refrigerate.)
- ☐ Preheat oven to 375°F.
- ☐ Whisk wine, lemon juice, oil, and garlic in large bowl to blend.
- ☐ Add chicken. Turn to coat.
- ☐ Let marinate 20 minutes.
- ☐ Remove chicken from marinade and arrange, skin side up, on large rimmed baking sheet. Reserve marinade.
- ☐ Bake chicken 30 minutes.
- ☐ Meanwhile, add artichokes to marinade in large bowl and toss to coat.
- ☐ Let marinate 25 minutes.

- ☐ Transfer artichokes to another large rimmed baking sheet; place in oven with chicken and bake 10 minutes.
- ☐ Pour marinade into saucepan and bring to boil. Baste chicken and artichokes with 1/3 of marinade. Continue baking until chicken is cooked through, about 15 minutes.
- ☐ Using slotted spoon, transfer chicken and artichokes to platter; tent with foil.
- ☐ Strain pan juices from baking sheets into 2-cup glass measuring cup.
- ☐ Transfer 1 1/4 cups pan juices to medium saucepan.
- ☐ Whisk in egg yolks.
- ☐ Whisk constantly over medium-high heat just until mixture boils and thickens, about 3 minutes. Stir in dill. Season sauce with salt and pepper.
- ☐ Spoon some sauce over chicken and artichokes on platter.
- ☐ Serve, passing remaining sauce separately.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:30.926956715791%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg, Eriodictyol: 6.51mg Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg, Hesperetin: 9.82mg Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg, Naringenin: 20.68mg Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 4.25mg, Luteolin: 4.25mg, Luteolin: 4.25mg, Luteolin: 4.25mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 617.17kcal (30.86%), Fat: 40.59g (62.44%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 23.01g (7.67%), Net Carbohydrates: 13.37g (4.86%), Sugar: 2.94g (3.26%), Cholesterol: 233.02mg (77.67%), Sodium: 289.76mg (12.6%), Alcohol: 2.06g (100%), Alcohol %: 0.6% (100%), Protein: 39.59g (79.18%), Vitamin B3: 14.06mg (70.3%), Vitamin C: 45.24mg (54.83%), Phosphorus: 501.73mg (50.17%), Vitamin B6: 0.92mg (45.78%), Folate:

175.61µg (43.9%), Fiber: 9.65g (38.59%), Selenium: 26.82µg (38.31%), Magnesium: 140.04mg (35.01%), Vitamin A: 1737.21IU (34.74%), Vitamin B12: 2.01µg (33.57%), Potassium: 1066.54mg (30.47%), Iron: 5.22mg (29.03%), Manganese: 0.58mg (28.98%), Vitamin B2: 0.48mg (28.41%), Vitamin K: 29.6µg (28.19%), Vitamin B5: 2.79mg (27.91%), Copper: 0.52mg (26.02%), Zinc: 3.48mg (23.23%), Vitamin B1: 0.26mg (17.67%), Vitamin E: 1.84mg (12.24%), Calcium: 116.77mg (11.68%), Vitamin D: 0.34µg (2.29%)