



Lemon-Rhubarb Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 6 chicken breast halves boneless with skin
- 6 tablespoons brandy
- 0.3 cup butter ()
- 0.5 cup ginger fresh unpeeled sliced
- 1 tablespoon juice of lemon fresh
- 4 cups chicken broth
- 5 tablespoons olive oil divided

- 4.5 cups rhubarb diced divided
- 2 tablespoons shallots chopped
- 0.8 cup sugar
- 1 star anise whole

Equipment

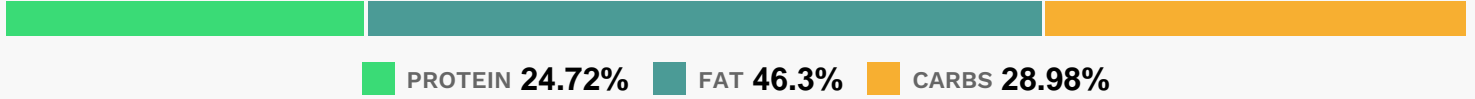
- frying pan
- sauce pan
- oven
- sieve
- roasting pan

Directions

- Heat 2 tablespoons olive oil in heavy large skillet over medium-high heat.
- Add 2 tablespoons chopped shallots and 2 cups rhubarb; sauté until soft, about 5 minutes. Stir in lemon juice and 1 teaspoon lemon peel. Season with salt and pepper. Cool rhubarb stuffing.
- Melt butter in heavy large saucepan over low heat.
- Add 2 1/2 cups rhubarb, 1/4 cup shallots, and ginger; sauté until soft, about 10 minutes. Increase heat to high.
- Add sugar and brandy; boil 1 minute.
- Add broth, star anise, and bay leaf. Simmer over low heat until mixture is reduced to 2 cups, about 1 hour. Strain sauce, discarding solids in strainer. Stir 1/3 cup rhubarb stuffing into sauce. DO AHEAD Stuffing and sauce can be made 2 days ahead. Cover each separately and chill. Rewarm sauce before using.
- Preheat oven to 425°F. Using fingertips, separate skin from flesh of chicken breasts, forming pocket.
- Place about 2 tablespoons rhubarb stuffing in pocket.
- Sprinkle chicken with salt and pepper.
- Heat 3 tablespoons oil in large skillet over medium-high heat. Working in 2 batches, add chicken breasts, skin side down, to skillet; cook until brown, about 7 minutes.

- Transfer chicken, skin side down, to roasting pan.
- Roast chicken 10 minutes; baste with pan juices. Roast until cooked through, about 10 minutes longer.
- Transfer chicken to platter, sprinkle with 1 teaspoon lemon peel, and serve, passing sauce alongside.

Nutrition Facts



Properties

Glycemic Index:33.02, Glycemic Load:18.11, Inflammation Score:-5, Nutrition Score:17.532174006752%

Flavonoids

Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg, Epicatechin 3-gallate: 0.55mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 485.02kcal (24.25%), Fat: 23.57g (36.26%), Saturated Fat: 7.46g (46.63%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 31.25g (11.36%), Sugar: 26.63g (29.59%), Cholesterol: 92.66mg (30.89%), Sodium: 244.89mg (10.65%), Alcohol: 5.01g (100%), Alcohol %: 1.45% (100%), Protein: 28.31g (56.62%), Vitamin B3: 14.3mg (71.48%), Selenium: 37.52µg (53.6%), Vitamin B6: 0.91mg (45.57%), Vitamin K: 34.76µg (33.1%), Phosphorus: 305.85mg (30.59%), Potassium: 869.51mg (24.84%), Vitamin B5: 1.73mg (17.29%), Vitamin E: 2.39mg (15.91%), Vitamin C: 10.35mg (12.55%), Vitamin B2: 0.2mg (11.8%), Manganese: 0.23mg (11.68%), Magnesium: 46.72mg (11.68%), Calcium: 97.15mg (9.71%), Copper: 0.16mg (7.89%), Fiber: 1.95g (7.8%), Vitamin A: 365.43IU (7.31%), Vitamin B12: 0.4µg (6.66%), Iron: 1.19mg (6.63%), Vitamin B1: 0.1mg (6.48%), Zinc: 0.97mg (6.48%), Folate: 13.77µg (3.44%)