



Oak Town Garlic Vinegar Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 anaheim chiles julienned cleaned
- 8 ounces beer
- 8 ounces chicken stock see
- 0.5 teaspoon chili powder
- 2 tablespoons flour all-purpose
- 0.8 cup garlic divided minced
- 3 tablespoons green onions sliced
- 6 tablespoons olive oil divided

- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.5 cup red wine vinegar
- 6 servings salt and pepper black freshly ground
- 6 chicken thighs boneless skinless
- 2 medium onions yellow julienned

Equipment

- frying pan
- mixing bowl

Directions

- Watch how to make this recipe.
- In large saute pan over medium heat add 2 tablespoons oil, onions, chiles and saute for 3 minutes until translucent.
- Add chicken thighs and lightly brown.
- Add 1/4 cup garlic and saute. Deglaze with beer and chicken stock. Cook for 3 to 5 minutes, until chicken is 3/4 of the way cooked.
- Remove chicken from saute pan, and let cool, reserve pan and braising broth.
- In medium saute pan heat another 2 tablespoons olive oil and lightly caramelize remaining 1/2 cup garlic. When done, remove from heat, and let cool.
- In medium mixing bowl, combine, flour, salt and pepper, oregano, paprika, and chili powder.
- Combine thoroughly, add cooked garlic and mix into a paste.
- Take cooled, cooked chicken and press paste on to the chicken.
- Heat remaining 2 tablespoons of olive oil in garlic pan, and gently place chicken in the pan. Lightly brown chicken on both sides.
- Simmer reserved braising broth and add red wine vinegar. When chicken is cooked on both sides, pour vinegar broth over chicken and let simmer for 3 to 5 minutes.
- Garnish with green onions.

Nutrition Facts

PROTEIN 29.52% FAT 51.78% CARBS 18.7%

Properties

Glycemic Index:42.75, Glycemic Load:4.33, Inflammation Score:-7, Nutrition Score:15.671739142874%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 349.52kcal (17.48%), Fat: 19.33g (29.74%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 13.63g (4.96%), Sugar: 3.08g (3.42%), Cholesterol: 108.48mg (36.16%), Sodium: 228.12mg (9.92%), Alcohol: 1.47g (100%), Alcohol %: 0.62% (100%), Protein: 24.81g (49.61%), Selenium: 30.13µg (43.05%), Vitamin B6: 0.82mg (40.77%), Vitamin B3: 7.5mg (37.48%), Phosphorus: 271.05mg (27.11%), Manganese: 0.42mg (21.06%), Vitamin K: 21.11µg (20.11%), Vitamin B2: 0.29mg (17.21%), Vitamin E: 2.49mg (16.61%), Vitamin B5: 1.55mg (15.45%), Zinc: 2.1mg (14.01%), Potassium: 483.69mg (13.82%), Vitamin C: 11.01mg (13.34%), Vitamin B1: 0.19mg (12.75%), Vitamin B12: 0.73µg (12.18%), Iron: 1.92mg (10.65%), Magnesium: 41.55mg (10.39%), Fiber: 2.08g (8.33%), Copper: 0.17mg (8.31%), Calcium: 62.97mg (6.3%), Folate: 23.67µg (5.92%), Vitamin A: 280.24IU (5.6%)