

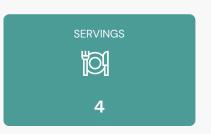
Oat-Stuffed Chicken Legs

Gluten Free



2 cups onion chopped

0.5 cup oats





SIDE DISH

Ingredients

10 ounces mushrooms chopped
4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
0.5 cup chicken stock see
1 teaspoon rosemary dried
4 servings pepper black freshly ground
2 tablespoons olive oil

	0.5 cup shallots finely chopped	
	2 tablespoons butter unsalted	
Equipment		
	frying pan	
	oven	
	roasting pan	
	kitchen thermometer	
Directions		
	Adjust oven rack to middle position and preheat to 425°.	
	Heat butter in a large skillet over medium high heat until melted.	
	Add shallots and cook until beginning to brown, about 4 minutes.	
	Add rosemary, and chopped mushrooms. Cook stirring often until mushrooms release their liquid and begin to brown, about 8 minutes.	
	Add oats and toast for 1 minutes then add chicken stock and cook until liquid has been absorbed, about 4 minutes.	
	Remove from heat and season to taste with salt and pepper. Allow to cool to room temperature.	
	Place onions in the bottom of a roasting pan and toss with olive oil. Season with salt and pepper. Divide the filling between the pocket of each chicken thigh where the bone was removed.	
	Place chicken on top of onions seam side down and roast until the chicken is golden brown and an instant read thermometer inserted into thickest part of thigh registers 165°F, about 25 minutes.	
	Remove from oven and let rest for 10 minutes before serving.	
Nutrition Facts		
	PROTEIN 21.16% FAT 60.88% CARBS 17.96%	

Properties

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: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 506.18kcal (25.31%), Fat: 34.6g (53.24%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 18.9g (6.87%), Sugar: 7.7g (8.56%), Cholesterol: 135.75mg (45.25%), Sodium: 162.95mg (7.08%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 27.06g (54.12%), Selenium: 34.2μg (48.86%), Vitamin B3: 9.4mg (47%), Vitamin B6: 0.71mg (35.54%), Phosphorus: 353.08mg (35.31%), Vitamin B2: 0.54mg (31.64%), Manganese: 0.62mg (31.24%), Vitamin B5: 2.65mg (26.48%), Potassium: 773.97mg (22.11%), Copper: 0.41mg (20.53%), Zinc: 2.94mg (19.57%), Vitamin B1: 0.26mg (17.58%), Fiber: 4.07g (16.3%), Magnesium: 60.62mg (15.15%), Iron: 2.32mg (12.87%), Vitamin B12: 0.76μg (12.69%), Vitamin C: 10.11mg (12.25%), Folate: 47.5μg (11.88%), Vitamin E: 1.54mg (10.28%), Vitamin K: 8.65μg (8.24%), Vitamin A: 298.46IU (5.97%), Calcium: 51.75mg (5.17%), Vitamin D: 0.38μg (2.5%)