



Oat-Stuffed Chicken Legs

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



506 kcal

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
- 2 cups onion chopped
- 0.5 cup oats

- 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

Glycemic Index:57.75, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:19.528695666272%

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 Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)