



 **18%**
HEALTH SCORE

Onion Chicken in Balsamic Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



918 kcal

SAUCE

Ingredients

- 0.5 cup balsamic vinegar
- 2 chicken thighs
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- 1.5 cups chicken stock see
- 4 cloves garlic chopped
- 1 tablespoon olive oil
- 1 onion chopped
- 2 servings salt and pepper to taste

0.5 cup sun-dried olives chopped

Equipment

frying pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, heat oil over medium heat.

Add onion and reduce heat to low. Allow onion to caramelize, stirring only enough to prevent sticking and to be sure that all sides are fully cooked.

Add garlic and saute briefly.

Increase heat to medium.

Add chicken hindquarters to skillet and brown on both sides.

Remove chicken, onion and garlic and place in a 9x13 inch baking dish.

Combine the stock and vinegar. Deglaze the skillet with this mixture, then bring to a boil and continue to simmer, stirring occasionally, until the mixture has thickened.

Pour mixture over chicken and stir in the sun dried tomatoes. Cover dish tightly and bake in the preheated oven for 15 to 20 minutes, or until chicken is done and juices run clear.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:10.71, Inflammation Score:-7, Nutrition Score:33.816086960875%

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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 11.27mg, Quercetin: 11.27mg,

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Nutrients (% of daily need)

Calories: 917.58kcal (45.88%), Fat: 58.06g (89.33%), Saturated Fat: 14.63g (91.44%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 35.96g (13.08%), Sugar: 25.11g (27.9%), Cholesterol: 288.62mg (96.21%), Sodium: 721.17mg (31.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.65g (113.29%), Vitamin B3: 18.86mg (94.3%), Selenium: 60.64µg (86.63%), Vitamin B6: 1.33mg (66.64%), Phosphorus: 640.36mg (64.04%), Potassium: 1900.57mg (54.3%), Vitamin B2: 0.69mg (40.61%), Manganese: 0.81mg (40.46%), Vitamin B5: 3.61mg (36.14%), Copper: 0.69mg (34.56%), Magnesium: 130.12mg (32.53%), Zinc: 4.63mg (30.84%), Vitamin B12: 1.85µg (30.83%), Iron: 5.53mg (30.73%), Vitamin B1: 0.46mg (30.62%), Vitamin K: 22.79µg (21.7%), Vitamin C: 17.08mg (20.71%), Fiber: 4.44g (17.77%), Folate: 47µg (11.75%), Vitamin E: 1.69mg (11.25%), Calcium: 99.68mg (9.97%), Vitamin A: 472.81IU (9.46%), Vitamin D: 0.29µg (1.93%)