



Osso Buco-Style Chicken Thighs

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup carrots cubed
- ☐ 0.8 cup celery coarsely chopped
- ☐ 2 pounds strips.
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon rosemary dried
- ☐ 0.8 cup wine dry white
- ☐ 14.5 ounce fat-skimmed beef broth fat-free canned

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 garlic clove minced
- ☐ 3 ounces gruyere cheese fresh grated
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 cups milk 1% low-fat
- ☐ 1 tablespoon olive oil divided
- ☐ 2 cups onion chopped
- ☐ 1 cup polenta instant uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt divided
- ☐ 2 pounds tomatoes chopped

Equipment

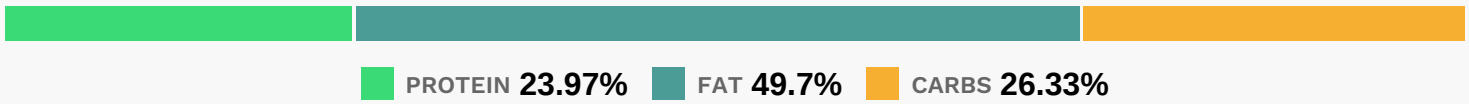
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare chicken, heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper.
- ☐ Add chicken to pan; cook 4 minutes on each side or until browned.
- ☐ Remove chicken from pan.
- ☐ Heat 1 teaspoon oil in pan over medium-high heat.
- ☐ Add onion, carrot, celery, and 2 garlic cloves. Cover and cook 5 minutes or until tender, stirring occasionally. Stir in wine, scraping pan to loosen browned bits. Stir in 1/2 teaspoon salt, tomato, basil, and rosemary; bring to a boil. Cover, reduce heat to medium-low, and cook 15 minutes.
- ☐ Return chicken to pan. Cover and simmer 35 minutes or until chicken is done. Uncover and cook 5 minutes or until tomato mixture thickens.

- ☐ To prepare polenta, combine milk and broth in a medium saucepan; bring to a boil.
- ☐ Remove from heat; gradually add instant polenta, stirring constantly with a whisk. Cover and cook over medium–low heat 2 minutes.
- ☐ Remove from heat; stir in cheese and 1/4 teaspoon salt.
- ☐ To prepare gremolata, combine parsley, rind, and 1 garlic clove.
- ☐ Serve chicken mixture over polenta; sprinkle with gremolata.

Nutrition Facts



Properties

Glycemic Index:58.81, Glycemic Load:3.5, Inflammation Score:-10, Nutrition Score:29.628260819808%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg, Quercetin: 11.83mg

Nutrients (% of daily need)

Calories: 630.57kcal (31.53%), Fat: 33.66g (51.79%), Saturated Fat: 10.34g (64.66%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 36.07g (13.12%), Sugar: 11.74g (13.05%), Cholesterol: 167.7mg (55.9%), Sodium: 950.31mg (41.32%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 36.53g (73.05%), Vitamin A: 4624.56IU (92.49%), Vitamin K: 59.03µg (56.22%), Selenium: 38.59µg (55.12%), Phosphorus: 502.48mg (50.25%), Vitamin B3: 9.06mg (45.32%), Vitamin B6: 0.88mg (44.08%), Vitamin C: 30mg (36.36%), Calcium: 309.02mg (30.9%), Potassium: 1068.82mg (30.54%), Vitamin B12: 1.81µg (30.19%), Vitamin B2: 0.44mg (26.16%), Vitamin B5: 2.42mg (24.21%), Zinc: 3.4mg (22.64%), Manganese: 0.43mg (21.66%), Magnesium: 82.23mg (20.56%), Vitamin B1: 0.31mg (20.34%), Fiber: 4.05g (16.22%), Folate: 53.99µg (13.5%), Iron: 2.41mg (13.37%), Copper: 0.25mg (12.56%), Vitamin E: 1.71mg (11.42%), Vitamin D: 1.1µg (7.34%)