



Oven-Braised Chicken Thighs with Fennel and Castelvetroano Olives



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chile de arbol pepper dried
- ☐ 28 ounce canned tomatoes whole peeled canned
- ☐ 1 bulb fennel cut into 1/ slivers
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 cloves garlic sliced

- ☐ 2 tablespoons fennel greens chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup castelvetrano olives pitted halved
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 0.5 cup white wine
- ☐ 1 onion yellow cut into 1/ slivers

Equipment

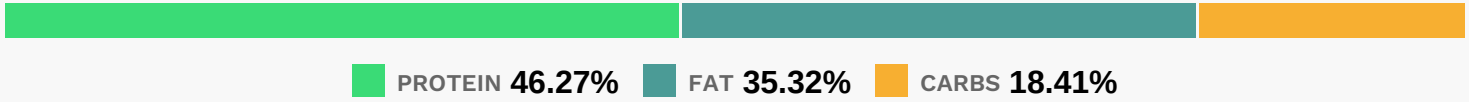
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat olive oil in a large, heavy cast-iron skillet or Dutch oven over medium-high heat. Season chicken thighs with salt and black pepper. Brown chicken in the hot oil, about 5 minutes per side. Meat will still be pink inside.
- ☐ Transfer chicken into a bowl, leaving drippings in skillet.
- ☐ Turn heat down to medium; cook fennel, onion, and fennel seeds in the hot oil, stirring occasionally, until onion and fennel begin to caramelize, about 10 minutes. Stir garlic, thyme, and chile de arbol pepper into fennel mixture. Cook until garlic is fragrant, about 1 more minute. Stir white wine into fennel mixture, scraping up and dissolving any browned bits of food on the bottom of the skillet.
- ☐ Pour tomatoes with puree into skillet and bring to a boil. Break tomatoes into large chunks with a wooden spoon; adjust salt and pepper.
- ☐ Add chicken thighs, any accumulated drippings from chicken, and olives to the skillet and stir to combine.

- ☐ Bake uncovered in the preheated oven until the chicken thighs are no longer pink inside,about 45 minutes.
- ☐ Let cool 5 to 10 minutes before serving.
- ☐ Sprinkle with fennel greens, flat-leaf parsley, and lemon zest.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:21.925651964934%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg, Apigenin: 2.92mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 282.6kcal (14.13%), Fat: 10.62g (16.34%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 8.69g (3.16%), Sugar: 5.99g (6.65%), Cholesterol: 143.64mg (47.88%), Sodium: 525.33mg (22.84%), Alcohol: 2.06g (100%), Alcohol %: 0.68% (100%), Protein: 31.31g (62.62%), Vitamin K: 59.68µg (56.84%), Selenium: 35.12µg (50.17%), Vitamin B3: 9.81mg (49.05%), Vitamin B6: 0.91mg (45.41%), Phosphorus: 345.42mg (34.54%), Vitamin C: 23.69mg (28.71%), Potassium: 875.49mg (25.01%), Vitamin B2: 0.37mg (22.01%), Vitamin B5: 2.13mg (21.32%), Iron: 3.34mg (18.57%), Zinc: 2.7mg (17.99%), Manganese: 0.34mg (16.85%), Magnesium: 65.84mg (16.46%), Vitamin B12: 0.97µg (16.13%), Fiber: 3.77g (15.07%), Vitamin E: 2.21mg (14.74%), Vitamin B1: 0.22mg (14.57%), Copper: 0.24mg (12.22%), Calcium: 101.14mg (10.11%), Vitamin A: 485.46IU (9.71%), Folate: 35.23µg (8.81%)