

health-score 100%

HEALTH SCORE

Pan Fried Chicken Thighs with Pancetta Cream over Confit Potatoes

Very Healthy

READY IN

ready

30 min.

SERVINGS

servings

2

CALORIES

calories

3613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken thighs boneless
- ☐ 4 eggs lightly beaten
- ☐ 1 pound fingerling potatoes sliced into 1/4-inch disks
- ☐ 2 cups flour all-purpose
- ☐ 2 sprigs thyme leaves fresh
- ☐ 2 cloves garlic thinly sliced
- ☐ 6 cloves garlic

- ☐ 3 cups heavy cream
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2 servings olive oil extra-virgin to cover potatoes
- ☐ 0.5 teaspoon oregano dried
- ☐ 6 ounces pancetta diced
- ☐ 2 cups panko bread crumbs
- ☐ 0.3 teaspoon paprika
- ☐ 2 sprigs rosemary
- ☐ 2 tablespoons sage leaves finely chopped
- ☐ 2 shallots thinly sliced
- ☐ 2 cups vegetable oil

Equipment

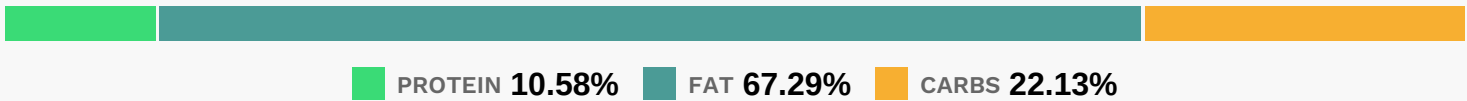
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Chicken: Season the chicken with salt and pepper, to taste. Season the flour and the panko with salt and pepper.
- ☐ Add the oregano and paprika to the panko and mix to combine.
- ☐ Put the flour, panko and eggs in separate bowls. Dip the chicken first in flour to coat, then in the eggs.
- ☐ Let the excess egg drain off and then evenly coat in the seasoned panko crumbs.
- ☐ In a deep saute pan, heat the vegetable oil over medium heat.

- ☐ Put the chicken thighs in the hot oil and cook on first side until golden brown, then turn on the other side. Cook until the internal temperature of the chicken registers 165 degrees F on an instant-read thermometer, about 5 to 6 minutes per side.
- ☐ Remove the chicken from the oil and drain on paper towels. Season lightly with salt while the chicken is still hot.
- ☐ Cream sauce: In a saucepot over medium heat, add the pancetta and render until some of the fat is released.
- ☐ Add the shallots and garlic and cook until translucent, about 2 minutes.
- ☐ Stir in the heavy cream and let simmer until reduced by half. Season with salt and pepper, to taste and stir in the chopped sage.
- ☐ To serve: Divide the potatoes between 2 plates and top each with 2 chicken thighs. Spoon some of the cream sauce over the top and serve.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In an oven-proof dish, toss together the potatoes, garlic, rosemary, thyme, and salt and pepper, to taste.
- ☐ Pour the olive oil over top until the potatoes are covered. Cook the potatoes in the oven until tender, about 45 minutes. Using a slotted spoon, remove the potatoes from the oil and put in a bowl.

Nutrition Facts



Properties

Glycemic Index:207.88, Glycemic Load:100.24, Inflammation Score:-10, Nutrition Score:78.041304380997%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 3613.28kcal (180.66%), Fat: 271.23g (417.27%), Saturated Fat: 116.06g (725.37%), Carbohydrates: 200.67g (66.89%), Net Carbohydrates: 187.61g (68.22%), Sugar: 18.71g (20.79%), Cholesterol: 1008.38mg (336.13%), Sodium: 1419.77mg (61.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 95.96g (191.92%), Copper: 19.09mg

(954.48%), Selenium: 157.31µg (224.73%), Vitamin B1: 2.31mg (154.07%), Vitamin B2: 2.41mg (141.71%), Vitamin B3: 28.16mg (140.82%), Manganese: 2.76mg (137.8%), Phosphorus: 1262.51mg (126.25%), Vitamin A: 6120.29IU (122.41%), Vitamin B6: 2.32mg (116.19%), Vitamin K: 117.56µg (111.97%), Folate: 402.6µg (100.65%), Iron: 15.94mg (88.55%), Vitamin E: 10.96mg (73.08%), Potassium: 2476.16mg (70.75%), Vitamin B5: 6.74mg (67.38%), Vitamin C: 54.24mg (65.75%), Zinc: 8.62mg (57.48%), Vitamin B12: 3.44µg (57.27%), Calcium: 547.77mg (54.78%), Magnesium: 216.4mg (54.1%), Vitamin D: 8.04µg (53.59%), Fiber: 13.05g (52.22%)