



Peach Whisky Chicken

 Gluten Free

READY IN



115 min.

SERVINGS



8

CALORIES



1103 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups barbecue sauce
- ☐ 2 tablespoons butter
- ☐ 12 chicken legs bone in , skin on
- ☐ 8 servings parsley fresh chopped for serving
- ☐ 3 green onions sliced for serving thin
- ☐ 2 tablespoons olive oil
- ☐ 1 cup peach preserves
- ☐ 4 peaches pitted sliced into 8 slices each

- ☐ 8 servings potatoes mashed for serving
- ☐ 1.5 cups whisky
- ☐ 2 tablespoons worcestershire sauce
- ☐ 1 onion diced yellow

Equipment

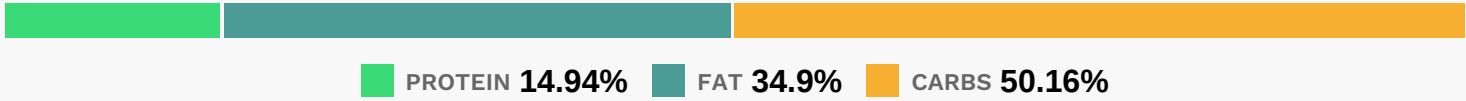
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 300 degrees F.
- ☐ Heat the butter and olive oil in a large skillet or pot over medium-high heat.
- ☐ Add the chicken pieces and cook until golden brown on all sides, about 5 minutes.
- ☐ Remove from the skillet and set aside.
- ☐ Add the onions to the skillet and stir and cook over medium heat until translucent, about 3 minutes.
- ☐ Pour in the whisky, taking care if you are cooking over an open flame. Cook for 3 minutes or so, allowing the whisky to cook and reduce.
- ☐ Grab your favorite bottled barbecue sauce and pour it into the pan.
- ☐ Add the peach preserves, Worcestershire sauce and 1/2 cup water to the sauce, then whisk to combine.
- ☐ Add the chicken back to the pan. Then throw in the peaches.
- ☐ Cover the skillet with a lid or aluminium foil, and then roast in the oven until the chicken is tender and falling off the bone the sauce is beautiful and rich and the peaches are soft (about 1 1/2 hours). That's how you know it's done!

- ☐ Serve the chicken over a big mound of mashed potatoes, spooning the sauce over the whole thing.
- ☐ Sprinkle with green onions and parsley, then watch your loved ones gobble it up.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:38.03, Inflammation Score:-8, Nutrition Score:31.719565059828%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 1102.93kcal (55.15%), Fat: 38.48g (59.2%), Saturated Fat: 10.85g (67.83%), Carbohydrates: 124.47g (41.49%), Net Carbohydrates: 117.8g (42.84%), Sugar: 76.74g (85.27%), Cholesterol: 187.23mg (62.41%), Sodium: 1748.9mg (76.04%), Alcohol: 15.93g (100%), Alcohol %: 2.96% (100%), Protein: 37.06g (74.11%), Vitamin K: 89.48µg (85.22%), Vitamin B3: 12.35mg (61.73%), Vitamin B6: 1.21mg (60.72%), Selenium: 39.67µg (56.67%), Vitamin C: 45.35mg (54.96%), Phosphorus: 450.87mg (45.09%), Potassium: 1569.71mg (44.85%), Vitamin B2: 0.47mg (27.91%), Vitamin B5: 2.76mg (27.63%), Manganese: 0.54mg (26.91%), Fiber: 6.66g (26.65%), Magnesium: 102.4mg (25.6%), Zinc: 3.82mg (25.47%), Copper: 0.5mg (25%), Iron: 4.48mg (24.89%), Vitamin A: 1218.51IU (24.37%), Vitamin B1: 0.34mg (22.51%), Vitamin E: 2.83mg (18.86%), Vitamin B12: 1.09µg (18.13%), Folate: 55.78µg (13.95%), Calcium: 111.43mg (11.14%), Vitamin D: 0.19µg (1.29%)