



## Pollo a la Coca-Cola (Braised Chicken with Cola Drink)

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

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**472 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 chicken legs
- 1.3 cups chicken stock see
- 1 cup coca-cola
- 6 servings parsley fresh for garnish
- 4 garlic cloves crushed
- 1 large onion finely chopped
- 6 servings salt and pepper freshly ground to taste

- 2 tablespoon sugar
- 1 tablespoon tomato paste
- 2 tablespoons vegetable oil

## Equipment

- frying pan
- sauce pan
- knife

## Directions

- Season the chicken with salt and pepper. In a large sauce pan over medium-high heat, warm the oil. Working in batches, brown the chicken on all sides, 5 to 8 minutes total, adding more oil to the pan as needed.
- Transfer to a plate. Set aside. Reduce the heat to medium, add the onions and garlic and cook, stirring occasionally, until tender, about 2 minutes.
- Add the Coca-Cola, tomato paste, sugar and stock and bring to a boil, stirring to scrape up the browned bits from the pan bottom. Return the chicken to the pan and spoon some of the sauce over the chicken. Cover the pan, reduce the heat to medium-low and cook until the juices run clear when the chicken is pierced with a knife, about 45 minutes.
- Sprinkle fresh parsley and serve warm with rice on the side.

## Nutrition Facts



**PROTEIN 25.67%** **FAT 62.74%** **CARBS 11.59%**

## Properties

Glycemic Index:44.52, Glycemic Load:6.08, Inflammation Score:-6, Nutrition Score:17.2382610518%

## Flavonoids

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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

## Nutrients (% of daily need)

Calories: 472.2kcal (23.61%), Fat: 32.63g (50.2%), Saturated Fat: 8.37g (52.32%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 12.85g (4.67%), Sugar: 9.75g (10.83%), Cholesterol: 161.24mg (53.75%), Sodium: 435.83mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.15mg (1.05%), Protein: 30.04g (60.08%), Vitamin K: 78.43µg (74.69%), Selenium: 32.63µg (46.62%), Vitamin B3: 9.1mg (45.48%), Vitamin B6: 0.64mg (32.04%), Phosphorus: 298.5mg (29.85%), Zinc: 2.73mg (18.19%), Vitamin B2: 0.3mg (17.79%), Vitamin B5: 1.77mg (17.7%), Vitamin B12: 0.96µg (16.03%), Potassium: 495.8mg (14.17%), Vitamin B1: 0.16mg (10.89%), Vitamin A: 537.83IU (10.76%), Vitamin C: 8.82mg (10.69%), Magnesium: 40.76mg (10.19%), Iron: 1.75mg (9.73%), Copper: 0.15mg (7.6%), Vitamin E: 0.92mg (6.1%), Manganese: 0.11mg (5.45%), Folate: 20.58µg (5.15%), Calcium: 33.76mg (3.38%), Fiber: 0.71g (2.83%), Vitamin D: 0.17µg (1.15%)