



Pollo Encebollado (Chicken in Onion Sauce)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



718 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 chicken legs bone in
- ☐ 1 cup chicken stock see
- ☐ 3 garlic cloves crushed
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper to taste
- ☐ 2 tablespoon olive oil
- ☐ 2 onions thinly sliced

- ☐ 2 thyme sprigs fresh
- ☐ 2 tablespoons worcestershire sauce

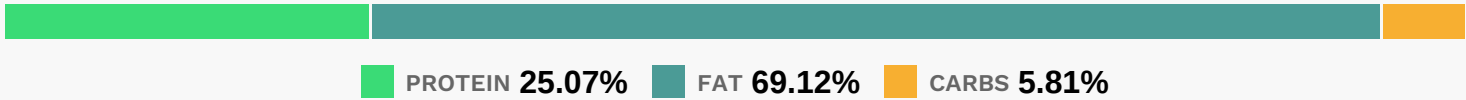
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ n a deep sauté pan over medium heat, warm the olive oil and butter.eason the chicken with salt and pepper.
- ☐ Add the chicken to the pan and brown on all sides, about 7 minutes.
- ☐ Transfer to a platter.dd the onion to the pan and cook until tender and translucent, about 4 minutes.
- ☐ Add the chicken, garlic, thyme, wine, stock, cumin and Worcestershire and bring to a boil.educe the heat to low, cover and simmer until the juices run clear when the chicken is pierced with a knife, about 30 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:20.77739152701%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 718.14kcal (35.91%), Fat: 54.6g (83.99%), Saturated Fat: 16.04g (100.22%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 9.22g (3.35%), Sugar: 4.16g (4.62%), Cholesterol: 256.46mg (85.49%), Sodium: 460.73mg

(20.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.56g (89.11%), Selenium: 48.41µg (69.16%), Vitamin B3: 13.3mg (66.5%), Vitamin B6: 0.95mg (47.63%), Phosphorus: 443.03mg (44.3%), Zinc: 4.03mg (26.86%), Vitamin B5: 2.65mg (26.53%), Vitamin B2: 0.45mg (26.35%), Vitamin B12: 1.45µg (24.24%), Potassium: 751.69mg (21.48%), Vitamin B1: 0.25mg (16.42%), Iron: 2.73mg (15.16%), Magnesium: 60.09mg (15.02%), Vitamin E: 1.78mg (11.87%), Copper: 0.22mg (11.09%), Vitamin K: 11.26µg (10.73%), Vitamin A: 447.67IU (8.95%), Vitamin C: 7.32mg (8.88%), Manganese: 0.18mg (8.77%), Folate: 24.97µg (6.24%), Calcium: 56.19mg (5.62%), Fiber: 1.09g (4.36%), Vitamin D: 0.26µg (1.72%)