



Portuguese Chicken

READY IN



130 min.

SERVINGS



4

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup flour
- ☐ 1 tablespoon butter room temperature
- ☐ 14.5 ounce frangelico diced canned
- ☐ 3 pound chicken cut into 8 pieces
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup wine dry white
- ☐ 4 large bay leaf fresh
- ☐ 6 large garlic clove pressed
- ☐ 1 tablespoon paprika sweet

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 12 pearl onions peeled
- ☐ 4 large parsley fresh italian
- ☐ 0.5 cup port wine
- ☐ 4 ounces pancetta thinly sliced chopped
- ☐ 2 large roasted peppers red halved cut into 3/4-inch-wide strips
- ☐ 1 tablespoon tomato paste

Equipment

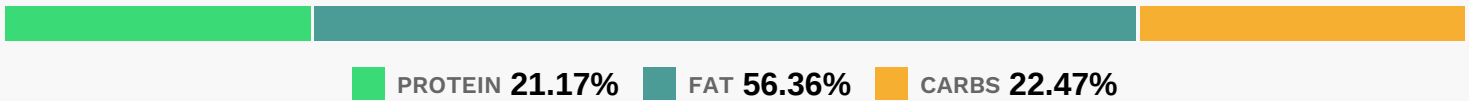
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk 1 cup flour, 1 tablespoon paprika, 1 1/2 teaspoons salt, and 1/2 teaspoon freshly ground black pepper in large bowl.
- ☐ Add chicken pieces to seasoned flour, 1 at a time, and turn to coat.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add chicken, skin side down, and sauté until brown, 3 to 5 minutes per side.
- ☐ Transfer chicken to plate; reserve skillet.
- ☐ Arrange chicken in single layer in large ovenproof pot. Top with tomatoes and juice, prosciutto, onions, peppers, garlic, parsley, and bay leaves; sprinkle with 1/4 teaspoon paprika.
- ☐ Add wine and Port to reserved skillet. Bring to boil, scraping up browned bits.
- ☐ Remove from heat.

- ☐
- Whisk in mustard and tomato paste; pour mixture over chicken and bring to boil. Cover; transfer to oven.
- ☐
- Braise chicken until very tender, about 1 1/2 hours. Discard bay leaves and parsley. Using tongs, transfer chicken and toppings to platter. Return sauce in pot to simmer. If thicker sauce is desired, stir 1 tablespoon flour and butter in small bowl until smooth paste forms.
- ☐
- Add flour paste to sauce and whisk to blend. Simmer until sauce thickens to desired consistency, whisking often. Season sauce to taste with salt and pepper. Spoon over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:19.98, Inflammation Score:-9, Nutrition Score:25.151304130969%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.47mg, Malvidin: 28.47mg, Malvidin: 28.47mg, Malvidin: 28.47mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg, Catechin: 3.19mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg, Quercetin: 18.95mg

Nutrients (% of daily need)

Calories: 799.83kcal (39.99%), Fat: 46.54g (71.61%), Saturated Fat: 13.73g (85.78%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 38.07g (13.84%), Sugar: 7.3g (8.1%), Cholesterol: 148.71mg (49.57%), Sodium: 661.7mg (28.77%), Alcohol: 7.68g (100%), Alcohol %: 1.87% (100%), Protein: 39.33g (78.66%), Vitamin B3: 14.76mg (73.81%), Selenium: 42.77µg (61.1%), Vitamin B6: 0.92mg (46.19%), Phosphorus: 373.8mg (37.38%), Vitamin B1: 0.5mg (33.32%), Manganese: 0.6mg (30.22%), Vitamin A: 1441IU (28.82%), Vitamin B2: 0.45mg (26.51%), Vitamin C: 21.56mg (26.14%), Vitamin K: 25.88µg (24.64%), Iron: 4.3mg (23.87%), Folate: 90.89µg (22.72%), Zinc: 3.13mg (20.87%), Potassium: 716.61mg (20.47%), Vitamin B5: 2.02mg (20.17%), Magnesium: 68.08mg (17.02%), Vitamin E: 2.44mg (16.29%), Fiber: 3.69g (14.74%), Copper: 0.25mg (12.72%), Vitamin B12: 0.65µg (10.9%), Calcium: 76.53mg (7.65%), Vitamin D: 0.44µg (2.93%)