



## Prune and Olive Chicken

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

READY IN



**555 min.**

SERVINGS



**6**

CALORIES



**356 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 0.3 cup brown sugar packed
- 2 tablespoons capers with liquid
- 3 pound meat from a rotisserie chicken whole skinless cut into pieces
- 0.3 cup cooking wine dry white
- 1 tablespoon parsley fresh chopped for garnish
- 3 cloves garlic minced
- 8 small olives green

- 2 tablespoons olive oil
- 1 tablespoon oregano dried
- 0.3 cup prune- cut to pieces pitted halved
- 2 tablespoons red wine vinegar
- 6 servings salt and pepper to taste

## Equipment

- bowl
- oven
- baking pan

## Directions

- In a medium bowl combine the garlic, prunes, olives, capers, olive oil, vinegar, bay leaves, oregano, salt and pepper.
- Mix well.
- Spread mixture in the bottom of a 10x15 inch baking dish.
- Add the chicken pieces, stir and turn to coat. Cover and refrigerate overnight.
- When ready to prepare, preheat oven to 350 degrees F (175 degrees C).
- Remove dish from refrigerator.
- Sprinkle brown sugar on top and pour white wine all around chicken.
- Bake in preheated oven for 1 hour, spooning juices over chicken several times as it is baking.
- Serve on a platter, pouring juices over the top, and garnish with fresh parsley.

## Nutrition Facts



**PROTEIN 23.85%** **FAT 56.75%** **CARBS 19.4%**

## Properties

Glycemic Index:18.5, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:10.501304398412%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

## Nutrients (% of daily need)

Calories: 355.62kcal (17.78%), Fat: 21.99g (33.83%), Saturated Fat: 5.47g (34.22%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 15.55g (5.66%), Sugar: 12.77g (14.18%), Cholesterol: 81.65mg (27.22%), Sodium: 431.63mg (18.77%), Alcohol: 1.03g (100%), Alcohol %: 0.82% (100%), Protein: 20.79g (41.58%), Vitamin B3: 7.69mg (38.47%), Vitamin K: 27.1µg (25.81%), Selenium: 16.16µg (23.08%), Vitamin B6: 0.44mg (22.02%), Phosphorus: 173.7mg (17.37%), Vitamin B5: 1.07mg (10.69%), Zinc: 1.54mg (10.29%), Vitamin E: 1.43mg (9.5%), Vitamin B2: 0.16mg (9.47%), Iron: 1.67mg (9.28%), Potassium: 321.53mg (9.19%), Magnesium: 32.23mg (8.06%), Manganese: 0.14mg (7.12%), Vitamin A: 325.08IU (6.5%), Vitamin B12: 0.34µg (5.62%), Copper: 0.11mg (5.6%), Fiber: 1.36g (5.46%), Vitamin B1: 0.08mg (5.16%), Calcium: 46.17mg (4.62%), Vitamin C: 3.33mg (4.03%), Folate: 10.98µg (2.74%), Vitamin D: 0.22µg (1.45%)