



## Roasted Garlic Clove Chicken

READY IN



65 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings bread for serving
- 1 tablespoon butter
- 0.3 cup chicken stock see
- 8 chicken thighs
- 1 teaspoon flour
- 20 cloves garlic whole skinless separated
- 2 teaspoons herbs de provence
- 0.5 juice of lemon juiced
- 4 servings kosher salt and pepper black freshly ground

3 tablespoons olive oil

## Equipment

frying pan

oven

cutting board

## Directions

Preheat the oven to 350 degrees F.

Rinse and pat dry the chicken. Salt and pepper liberally and allow to temper on a cutting board while you prepare the garlic. In a large ovenproof saute pan over medium heat, cook the whole garlic cloves in olive oil and butter, stirring occasionally, until lightly golden, about 10 minutes.

Remove the garlic from the pan and set aside. Increase the heat to medium high and brown the chicken skin-side down until the skin is golden and crispy, about 5 minutes. Turn the chicken over, sprinkle on herbes de Provence.

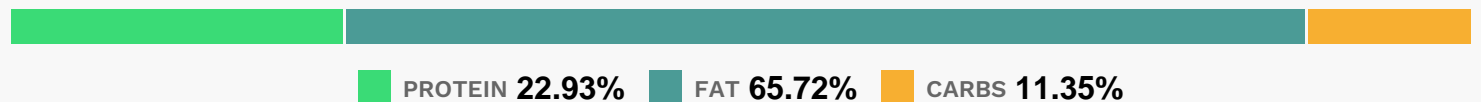
Add the garlic back to the pan and place hot pan in oven.

Bake the chicken until cooked through, about 25 minutes. Once the chicken is done, remove chicken thighs and garlic to a platter.

Place the pan over medium-high heat and sprinkle the drippings with flour and stir to incorporate. Deglaze the pan with the stock and lemon juice.

Pour the sauce over the chicken on the platter and serve with bread for sauce-mopping and garlic-spreading.

## Nutrition Facts



## Properties

Glycemic Index:61.42, Glycemic Load:8.83, Inflammation Score:-4, Nutrition Score:22.611739272657%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## **Nutrients (% of daily need)**

Calories: 721.6kcal (36.08%), Fat: 52.45g (80.7%), Saturated Fat: 13.64g (85.26%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 18.72g (6.81%), Sugar: 2.1g (2.33%), Cholesterol: 229.46mg (76.49%), Sodium: 353.52mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.18g (82.36%), Selenium: 53.02µg (75.75%), Vitamin B3: 12.46mg (62.31%), Vitamin B6: 1.01mg (50.33%), Phosphorus: 423.04mg (42.3%), Manganese: 0.68mg (33.83%), Vitamin B5: 2.63mg (26.28%), Vitamin B12: 1.45µg (24.21%), Vitamin B2: 0.4mg (23.8%), Zinc: 3.35mg (22.35%), Vitamin B1: 0.33mg (21.68%), Vitamin K: 21.71µg (20.67%), Iron: 3.52mg (19.57%), Potassium: 589.42mg (16.84%), Magnesium: 60.45mg (15.11%), Vitamin E: 2.18mg (14.55%), Copper: 0.22mg (10.83%), Calcium: 91.82mg (9.18%), Folate: 34.94µg (8.73%), Vitamin C: 6.47mg (7.84%), Fiber: 1.67g (6.68%), Vitamin A: 285.88IU (5.72%), Vitamin D: 0.23µg (1.51%)