



Rosemary & garlic chicken

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 strips.
- ☐ 1 tbsp the flour seasoned
- ☐ 1 head garlic
- ☐ 3 large stalks rosemary
- ☐ 300 ml wine dry white

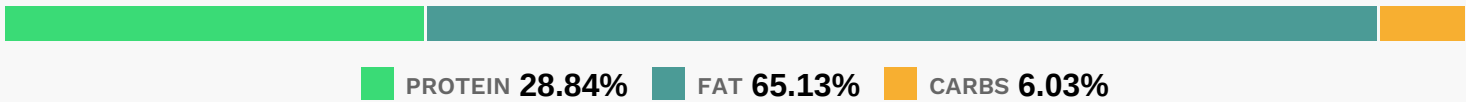
Equipment

- ☐ frying pan
- ☐ kitchen scissors

Directions

- ☐ Prepare the chicken: Wipe the chicken with kitchen paper, trim away any excess skin with scissors then toss the thighs in the seasoned flour. Separate the bulb of garlic into cloves (no need to peel).
- ☐ Heat 2 tbsp of olive oil in a large pan until searingly hot, add the chicken, skin side down, and fry without moving the chicken until the skin is crisp and browned. Turn the chicken over and brown it on all sides (you may need to do this in batches).
- ☐ Add the garlic and rosemary, then pour in the wine and season with salt and pepper. Bring to the boil, then reduce the heat and simmer, covered, for 40–45 minutes, until the chicken is tender and the sauce thickened.
- ☐ Serve with rice or parsley–tossed tagliatelle, and buttered spinach.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:17.043478328249%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 581.51kcal (29.08%), Fat: 37.69g (57.98%), Saturated Fat: 10.18g (63.64%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.38g (2.68%), Sugar: 0.8g (0.89%), Cholesterol: 221.48mg (73.83%), Sodium: 349.73mg (15.21%), Alcohol: 7.84g (100%), Alcohol %: 3.17% (100%), Protein: 37.55g (75.1%), Selenium: 43.37µg (61.95%), Vitamin B3: 10.63mg (53.17%), Vitamin B6: 0.91mg (45.65%), Phosphorus: 382.01mg (38.2%), Vitamin B12: 1.45µg (24.11%), Vitamin B5: 2.37mg (23.72%), Zinc: 3.02mg (20.14%), Vitamin B2: 0.32mg (18.86%), Iron: 3.31mg (18.41%), Potassium: 552.55mg (15.79%), Magnesium: 53.95mg (13.49%), Manganese: 0.26mg (12.81%), Vitamin B1: 0.19mg (12.59%), Copper: 0.14mg (7.17%), Vitamin K: 5.17µg (4.92%), Calcium: 47.2mg (4.72%), Vitamin A: 200.37IU (4.01%), Vitamin C: 2.64mg (3.2%), Vitamin E: 0.48mg (3.2%), Folate: 10.05µg (2.51%), Fiber: 0.47g (1.87%), Vitamin D: 0.23µg (1.51%)