



Rosemary-Garlic Chicken Quarters



Gluten Free



Dairy Free

READY IN



265 min.

SERVINGS



8

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 rib celery
- ☐ 0.5 cup chicken broth
- ☐ 5 pounds chicken leg quarters
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 12 garlic cloves sliced
- ☐ 2.5 teaspoons kosher salt divided
- ☐ 1 teaspoon olive oil
- ☐ 3 tablespoons olive oil

- ☐ 1.3 teaspoons pepper divided freshly ground
- ☐ 2 teaspoons pimentón smoked sweet spanish (paprika)
- ☐ 8 servings garnish: rosemary fresh
- ☐ 2 pounds fingerling yukon gold potatoes halved

Equipment

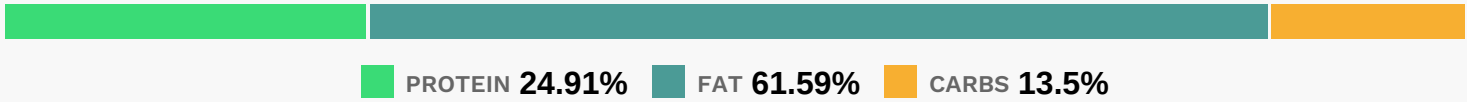
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ slotted spoon
- ☐ slow cooker

Directions

- ☐ Place carrots in a single layer in a 5-qt. slow cooker.
- ☐ Remove skin from chicken, and trim fat. Stir together rosemary, pimentn, 1 1/2 tsp. salt, and 1 tsp. pepper. Rub mixture over chicken.
- ☐ Saut garlic in 3 Tbsp. hot oil in a large skillet over medium heat 2 minutes or until golden brown.
- ☐ Transfer to a bowl using a slotted spoon; reserve oil in skillet. Cook half of chicken in reserved oil in skillet 3 to 4 minutes on each side or until deep golden brown.
- ☐ Transfer to slow cooker, reserving drippings in skillet. Repeat with remaining chicken.
- ☐ Add broth and garlic to reserved drippings in skillet, and cook 1 minute, stirring to loosen particles from bottom of skillet; pour over chicken in slow cooker. Cover and cook on HIGH 2 hours.
- ☐ Toss potatoes with 1 tsp. oil and remaining 1 tsp. salt and 1/4 tsp. pepper; add to slow cooker. Cover and cook 2 more hours.
- ☐ Transfer chicken and potatoes to a serving platter, and pour juices from slow cooker through a fine wire-mesh strainer into a bowl; skim fat from juices.
- ☐ Serve immediately with chicken and potatoes.

☐ The Art of Browning Browning meats and poultry before simmering in the slow cooker yields major depth of flavor plus a picture-perfect presentation, so don't be tempted to skip it. First, pat the meat dry with paper towels before seasoning. Set a heavy stainless-steel or well-seasoned cast-iron skillet (not nonstick) over medium to medium-high heat for 2 to 3 minutes or until hot enough for the oil to shimmer--the meat should hiss and sizzle as soon as it hits the pan. Be sure not to crowd the pan; doing so drops the temp, causing the meat to steam rather than form a crisp crust. Don't turn the meat until the bottom is well-browned.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:14.96, Inflammation Score:-6, Nutrition Score:23.2099999915%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 677.67kcal (33.88%), Fat: 46.1g (70.92%), Saturated Fat: 11.68g (72.99%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 19.68g (7.16%), Sugar: 1.04g (1.15%), Cholesterol: 236.45mg (78.82%), Sodium: 983.39mg (42.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.96g (83.91%), Selenium: 46.22µg (66.03%), Vitamin B3: 12.53mg (62.63%), Vitamin B6: 1.23mg (61.68%), Phosphorus: 455.92mg (45.59%), Vitamin C: 24.09mg (29.19%), Potassium: 1017.19mg (29.06%), Vitamin B5: 2.83mg (28.34%), Vitamin B12: 1.55µg (25.75%), Zinc: 3.44mg (22.97%), Vitamin B2: 0.38mg (22.1%), Magnesium: 75.84mg (18.96%), Vitamin B1: 0.28mg (18.89%), Manganese: 0.36mg (17.95%), Iron: 2.84mg (15.79%), Copper: 0.28mg (13.77%), Fiber: 3.06g (12.24%), Vitamin K: 11.9µg (11.34%), Vitamin E: 1.55mg (10.33%), Vitamin A: 386.43IU (7.73%), Folate: 27.47µg (6.87%), Calcium: 50.06mg (5.01%), Vitamin D: 0.24µg (1.61%)