



Skillet-Roasted Chicken with Baby Artichokes and Olives

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 baby artichokes
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup capers rinsed drained
- ☐ 3 cups rice white hot cooked
- ☐ 1 cup cooking wine dry white
- ☐ 1 tablespoon olive oil extravirgin

- ☐ 14 ounce less-sodium chicken broth fat-free divided canned
- ☐ 1 teaspoon flour all-purpose
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 16 picholine olives pitted
- ☐ 4 pound roasting chickens whole
- ☐ 0.5 teaspoon salt divided
- ☐ 3 cups water

Equipment

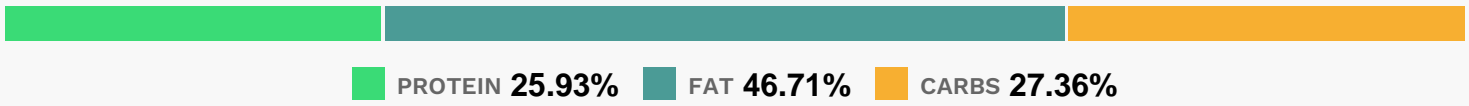
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 50
- ☐ Split chicken in half lengthwise.
- ☐ Heat canola oil in a large stainless steel skillet over high heat.
- ☐ Place chicken, skin side down, in pan; place pan in oven. Cook chicken at 500 for 10 minutes; remove from oven. Carefully turn chicken over; pour 1 1/2 cups broth over chicken. Return pan to oven; cook an additional 25 minutes or until a thermometer inserted in the meaty part of thigh registers 16
- ☐ Remove chicken from pan; let stand 10 minutes.
- ☐ Remove skin from chicken; discard skin.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper; slice chicken. Cover and keep warm.
- ☐ Combine 3 cups water and juice in a large bowl. Working with 1 artichoke at a time, cut off stem to within 1/4-inch from the base; peel stem.

- ☐ Remove bottom leaves and tough outer leaves, leaving tender heart and bottom; trim about 1 inch from top of artichoke.
- ☐ Cut each artichoke lengthwise into quarters.
- ☐ Place artichoke quarters in lemon water.
- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Drain artichokes well; pat dry.
- ☐ Add artichokes to pan. Cover and cook 10 minutes or until tender; uncover. Increase heat to high; cook 2 minutes or until artichokes are golden, stirring frequently.
- ☐ Place artichokes in a medium bowl; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour chicken drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Place pan over medium-high heat.
- ☐ Drain drippings into pan, stopping before fat layer reaches opening; discard fat. Stir in wine. Bring to a boil; cook until reduced to 1 cup (about 8 minutes).
- ☐ Combine remaining 2 tablespoons broth and flour, stirring until smooth.
- ☐ Add flour mixture to drippings; bring to a boil. Reduce heat to medium-low.
- ☐ Add artichokes, capers, and olives; cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Serve with chicken and rice.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:24.27, Inflammation Score:-10, Nutrition Score:27.895217335742%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg,

Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 9.58mg, Kaempferol: 9.58mg, Kaempferol: 9.58mg, Kaempferol: 9.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.63mg, Quercetin: 12.63mg, Quercetin: 12.63mg, Quercetin: 12.63mg

Nutrients (% of daily need)

Calories: 774.91kcal (38.75%), Fat: 39.85g (61.31%), Saturated Fat: 10.46g (65.35%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 37.77g (13.73%), Sugar: 5.39g (5.99%), Cholesterol: 189.84mg (63.28%), Sodium: 1312.58mg (57.07%), Alcohol: 4.12g (100%), Alcohol %: 0.65% (100%), Protein: 49.78g (99.55%), Vitamin A: 4191.4IU (83.83%), Vitamin B3: 15.02mg (75.09%), Fiber: 14.74g (58.98%), Selenium: 33.34µg (47.63%), Iron: 7.69mg (42.72%), Phosphorus: 415.06mg (41.51%), Vitamin B6: 0.82mg (40.91%), Vitamin B12: 2.32µg (38.63%), Vitamin B5: 2.67mg (26.73%), Manganese: 0.52mg (25.86%), Vitamin B2: 0.42mg (24.8%), Zinc: 3.32mg (22.15%), Vitamin C: 13.61mg (16.5%), Folate: 64.96µg (16.24%), Magnesium: 61.66mg (15.41%), Potassium: 526.32mg (15.04%), Calcium: 138.86mg (13.89%), Copper: 0.26mg (13.21%), Vitamin B1: 0.16mg (10.72%), Vitamin E: 1.08mg (7.23%), Vitamin K: 4.73µg (4.51%)