



Smoky Chicken and Cider

 Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



722 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups cloudy apple cider
- ☐ 0.3 cup apple cider vinegar
- ☐ 8 ounces smoky bacon sliced
- ☐ 2 large to 3 bay leaves fresh
- ☐ 4 carrots peeled sliced
- ☐ 8 pieces chicken legs bone-in
- ☐ 1 cups chicken stock see
- ☐ 3 tablespoons flour all-purpose

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup amber maple syrup dark
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 2 onions with the root end attached peeled cut into wedges
- ☐ 2 golden delicious apples cored sliced quartered
- ☐ 1 pound yukon gold potatoes quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ stove
- ☐ slotted spoon
- ☐ dutch oven

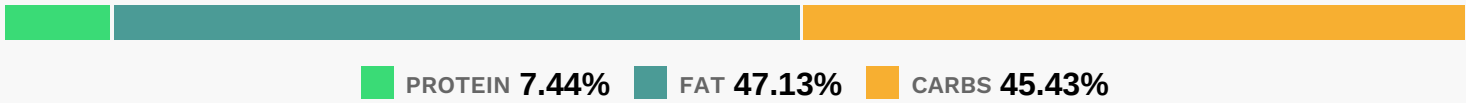
Directions

- ☐ Heat a drizzle of extra-virgin olive oil in a large Dutch oven over medium-high heat.
- ☐ Add the bacon to the hot pan, brown it and then remove with a slotted spoon.
- ☐ Season the chicken pieces liberally with salt and pepper, then brown in 2 batches on both sides, and remove to plate.
- ☐ Add the onions, carrots, thyme, and bay leaves, and season with salt and pepper. Cover the pan and sweat the vegetables 5 to 6 minutes, stirring occasionally, until softened.
- ☐ Add the flour and stir 1 to 2 minutes, then add the cider, syrup, vinegar, and 1 cup stock, stirring between each addition. Slide in the potatoes, and apples, and sprinkle the bacon over the top. Nest the chicken into the pan and add more stock until the liquids reach the edge, but do not cover the chicken. Cover the pan, reduce the heat, and cook the chicken through, 15 minutes or so. Cool completely, and store for a make-ahead meal.
- ☐ Reheat in an oven preheated to 325 degrees F, or on the stovetop over medium heat, covered until warmed through. Once hot, serve immediately.

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Remove the cooked chicken to a serving platter or shallow bowls, stir to thicken and combine the sauce and vegetables, and spoon over and around the chicken.

Nutrition Facts



Properties

Glycemic Index:114.71, Glycemic Load:36.17, Inflammation Score:-10, Nutrition Score:26.081739104312%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg, Epicatechin: 12.41mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.42mg, Quercetin: 16.42mg, Quercetin: 16.42mg, Quercetin: 16.42mg

Nutrients (% of daily need)

Calories: 722.01kcal (36.1%), Fat: 38.28g (58.89%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 83g (27.67%), Net Carbohydrates: 74.76g (27.19%), Sugar: 44.03g (48.92%), Cholesterol: 41.08mg (13.69%), Sodium: 523.45mg (22.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Vitamin A: 10438.89IU (208.78%), Manganese: 1.23mg (61.36%), Vitamin C: 41.01mg (49.71%), Vitamin B6: 0.75mg (37.64%), Vitamin B2: 0.62mg (36.2%), Potassium: 1249.13mg (35.69%), Fiber: 8.24g (32.95%), Vitamin B1: 0.44mg (29.28%), Vitamin B3: 5.77mg (28.85%), Phosphorus: 232.35mg (23.23%), Selenium: 15.8µg (22.57%), Vitamin K: 21.2µg (20.19%), Vitamin E: 2.89mg (19.25%), Magnesium: 72.39mg (18.1%), Iron: 2.85mg (15.82%), Copper: 0.3mg (14.88%), Folate: 57.97µg (14.49%), Zinc: 1.71mg (11.41%), Calcium: 112.42mg (11.24%), Vitamin B5: 1.06mg (10.58%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.23µg (1.53%)