



Spanish Baked Chicken

 **Gluten Free**  **Dairy Free**

READY IN



170 min.

SERVINGS



4

CALORIES



738 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup olive oil extra virgin
- 0.3 cup red wine vinegar
- 2 teaspoons oregano dried fresh chopped (or 1 teaspoon)
- 1 teaspoon salt
- 0.5 teaspoon garlic powder
- 1 Dash pepper
- 3 bay leaves
- 0.5 cup golden raisins

- 0.3 cup olive green pitted halved sliced
- 3 pounds chicken pieces
- 2 tablespoons brown sugar
- 0.5 cup wine dry white

Equipment

- bowl
- oven
- knife
- whisk
- baking pan

Directions

- Make marinade: In a medium bowl whisk together the olive oil, vinegar, oregano, salt, garlic powder, pepper, bay leaves, raisins and olives.
- Marinate the chicken: Prick the skin of the chicken with fork tines or the tip of a sharp knife and add to the marinade, coating well. Pricking the skin is to help the marinade penetrate the chicken. Cover and refrigerate several hours or up to overnight.
- chicken in baking dish, cover with marinade, wine, brown sugar: Pre-heat oven to 350°F.
- Place chicken in a 12x8x2-inch baking dish.
- Add the wine to the marinade and pour over chicken.
- Sprinkle the chicken all over with brown sugar.
- Bake uncovered at 350°F, basting occasionally, until chicken is tender, 45 to 50 minutes.
- Remove bay leaves.

Nutrition Facts

PROTEIN 24.62% **FAT 62.77%** **CARBS 12.61%**

Properties

Glycemic Index:28.42, Glycemic Load:7.9, Inflammation Score:-8, Nutrition Score:19.02869564554%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 738.1kcal (36.91%), Fat: 49.77g (76.56%), Saturated Fat: 12.05g (75.32%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 20.99g (7.63%), Sugar: 16.93g (18.81%), Cholesterol: 173.5mg (57.83%), Sodium: 882.24mg (38.36%), Alcohol: 3.09g (100%), Alcohol %: 1.2% (100%), Protein: 43.92g (87.85%), Vitamin B3: 16.05mg (80.25%), Selenium: 33.76µg (48.22%), Vitamin B6: 0.91mg (45.32%), Phosphorus: 371.23mg (37.12%), Vitamin B5: 2.17mg (21.66%), Zinc: 3.18mg (21.18%), Vitamin E: 3.17mg (21.11%), Vitamin B2: 0.32mg (19.03%), Potassium: 629.14mg (17.98%), Vitamin K: 18.73µg (17.84%), Iron: 3.14mg (17.46%), Magnesium: 60.81mg (15.2%), Vitamin B12: 0.72µg (11.95%), Manganese: 0.21mg (10.5%), Copper: 0.2mg (10.09%), Vitamin B1: 0.15mg (9.8%), Vitamin A: 378.81IU (7.58%), Calcium: 65.51mg (6.55%), Fiber: 1.49g (5.95%), Vitamin C: 4.42mg (5.36%), Folate: 17.72µg (4.43%), Vitamin D: 0.46µg (3.08%)