



Spice-Braised Chicken Legs with Red Wine and Tomato

 Dairy Free

READY IN



100 min.

SERVINGS



30

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 can canned tomatoes whole with their juices chopped
- ☐ 3 tablespoons canola oil
- ☐ 6 chicken legs whole split fat removed
- ☐ 1 cinnamon sticks
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.5 teaspoon cumin seeds

- ☐ 1 cup cooking wine dry red
- ☐ 2 tablespoons ginger fresh grated
- ☐ 3 garlic cloves smashed
- ☐ 1 cup chicken stock see low-sodium
- ☐ 2 large onions thinly sliced
- ☐ 30 servings salt and pepper freshly ground

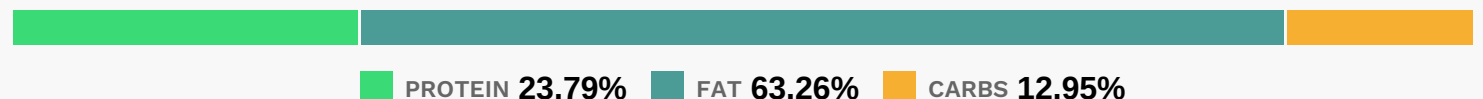
Equipment

- ☐ frying pan

Directions

- ☐ In a large, deep skillet, heat 2 tablespoons of the oil until shimmering. Season the chicken with salt and pepper and add half to the skillet. Cook over moderately high heat until browned, about 3 minutes per side.
- ☐ Transfer the browned chicken to a plate and repeat with the remaining chicken.
- ☐ Pour off the fat in the skillet.
- ☐ Add the remaining 1 tablespoon of oil to the skillet.
- ☐ Add the cumin seeds and cook over moderately high heat for about 10 seconds, until fragrant.
- ☐ Add the onions and cook over moderately high heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the garlic, ginger, cinnamon stick, crushed red pepper and bay leaves and cook, stirring, until the garlic is golden, about 3 minutes.
- ☐ Add the wine and simmer over moderately low heat for 5 minutes.
- ☐ Add the stock and the tomatoes with their juices and simmer for 10 minutes.
- ☐ Add the chicken to the sauce along with any accumulated juices and simmer over low heat, turning a few times, until the chicken is cooked through and the sauce is flavorful, about 50 minutes. Discard the cinnamon stick and bay leaves, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:2.9513043599284%

Flavonoids

Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 2.1mg, Malvidin: 2.1mg, Malvidin: 2.1mg, Malvidin: 2.1mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 85.14kcal (4.26%), Fat: 5.62g (8.65%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.05g (1.17%), Cholesterol: 23.96mg (7.99%), Sodium: 237mg (10.3%), Alcohol: 0.84g (100%), Alcohol %: 1.56% (100%), Protein: 4.76g (9.52%), Vitamin B3: 1.52mg (7.59%), Selenium: 4.83µg (6.9%), Vitamin B6: 0.12mg (6.04%), Phosphorus: 50.54mg (5.05%), Manganese: 0.07mg (3.56%), Potassium: 118.77mg (3.39%), Vitamin E: 0.49mg (3.29%), Vitamin B5: 0.31mg (3.1%), Zinc: 0.45mg (3.01%), Vitamin B2: 0.05mg (2.91%), Vitamin C: 2.18mg (2.64%), Vitamin B12: 0.15µg (2.54%), Copper: 0.05mg (2.5%), Iron: 0.44mg (2.46%), Vitamin K: 2.44µg (2.32%), Magnesium: 9.24mg (2.31%), Vitamin B1: 0.03mg (2.31%), Fiber: 0.52g (2.1%), Vitamin A: 64.45IU (1.29%), Calcium: 11.97mg (1.2%), Folate: 4.8µg (1.2%)