



Spicy Chicken



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons capers drained
- ☐ 2 chicken breasts with skin and bones, halved crosswise
- ☐ 4 chicken thighs with skin and bones
- ☐ 0.7 cup cooking wine dry white
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup olives green pitted coarsely chopped
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 2 cups olive oil

- ☐ 4 tablespoons parsley leaves fresh italian chopped
- ☐ 4 teaspoons pepper flakes dried red crushed
- ☐ 4 servings salt and pepper black freshly ground

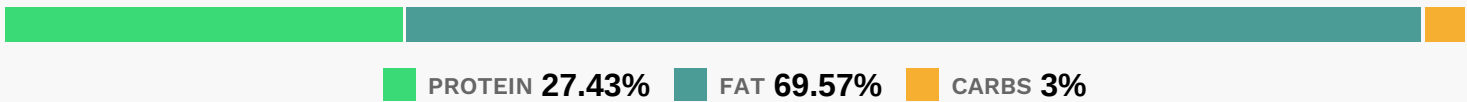
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle the chicken with salt and pepper.
- ☐ Heat the oil in a heavy large frying pan over medium-high heat.
- ☐ Add the chicken and cook until golden brown, about 5 minutes per side.
- ☐ Remove the skillet from the heat. Stir in the garlic, olives, 3 tablespoons of parsley and capers.
- ☐ Add the wine. Bring to a boil. Reduce the heat to medium-low. Cover and simmer until the chicken is just cooked through, turning occasionally, about 10 minutes.
- ☐ Transfer the chicken mixture to a platter. Spoon the sauce over.
- ☐ Sprinkle with the remaining 1 tablespoon of parsley and serve.
- ☐ Combine the oil and crushed red pepper flakes in a heavy small saucepan. Cook over low heat until a thermometer inserted into the oil registers 180 degrees F, about 5 minutes.
- ☐ Remove from heat. Cool to room temperature, about 2 hours.
- ☐ Transfer the oil and pepper flakes to a 4-ounce bottle. Seal the lid. Refrigerate up to 1 month.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:26.476086461026%

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 Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 659.97kcal (33%), Fat: 48.82g (75.1%), Saturated Fat: 9.43g (58.95%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.78g (0.86%), Cholesterol: 183.06mg (61.02%), Sodium: 865.49mg (37.63%), Alcohol: 4.12g (100%), Alcohol %: 1.25% (100%), Protein: 43.31g (86.63%), Vitamin B3: 17.48mg (87.38%), Selenium: 58.37µg (83.39%), Vitamin K: 84.88µg (80.84%), Vitamin B6: 1.34mg (66.78%), Phosphorus: 436.23mg (43.62%), Vitamin E: 5.67mg (37.8%), Vitamin B5: 2.83mg (28.32%), Vitamin A: 1189.5IU (23.79%), Potassium: 764.25mg (21.84%), Vitamin B2: 0.3mg (17.63%), Magnesium: 65.2mg (16.3%), Vitamin B12: 0.95µg (15.82%), Zinc: 2.29mg (15.28%), Iron: 2.26mg (12.54%), Vitamin B1: 0.18mg (11.87%), Vitamin C: 7.44mg (9.02%), Copper: 0.17mg (8.74%), Manganese: 0.17mg (8.54%), Fiber: 2.11g (8.42%), Calcium: 53.44mg (5.34%), Folate: 16.73µg (4.18%), Vitamin D: 0.23µg (1.51%)