



Spicy Mediterranean Chicken

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

READY IN

ready

115 min.

SERVINGS

servings

6

CALORIES

calories

459 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 24 ounce chicken thighs bone-in with skin
- ☐ 18 cherry peppers in brine peppadew® such as
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon marjoram fresh chopped
- ☐ 4 cloves garlic crushed
- ☐ 2 teaspoons ground cumin

- ☐ 1 tablespoon ground pepper black
- ☐ 1 tablespoon herbs de provence
- ☐ 6 ounces sausage fresh italian
- ☐ 0.5 cup kalamata olives pitted
- ☐ 2 tablespoons olive oil
- ☐ 1 onion sliced
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup pepperoncini peppers with liquid sliced
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 1 pinch salt

Equipment

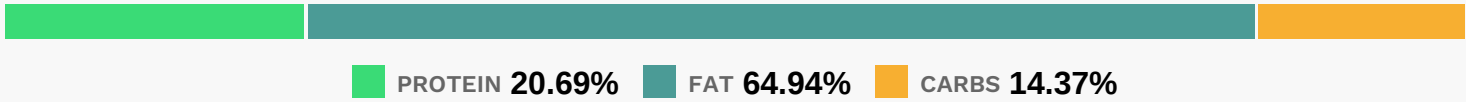
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken thighs in a large bowl; season with black pepper, cumin, and 1 teaspoon salt. Set aside.
- ☐ Stuff each cherry pepper generously with Italian sausage. Set aside.
- ☐ Heat olive oil in Dutch oven over medium-high heat.
- ☐ Place chicken thighs, skin-side down, in pan and brown, about 5 minutes. Turn chicken over and brown other side, about 1 minute.
- ☐ Remove chicken from pan.
- ☐ Cook onion in the Dutch oven with pinch of salt over medium-high heat; cook and stir until caramelized, about 5 minutes. Reduce heat to medium; stir in garlic, herbes de Provence, and crushed red pepper.
- ☐ Stir in pepperoncini and juices; cook until warmed through, about 2 minutes.

- ☐ Remove from heat.
- ☐ Place chicken, skin-side up, in a single layer on top of the onions and pepperoncinis in the Dutch oven.
- ☐ Pour stock into the pan until almost covering the chicken.
- ☐ Sprinkle artichoke hearts, olives, and stuffed cherry peppers over top of chicken.
- ☐ Return to medium-high heat and bring to a simmer.
- ☐ Cover and roast in preheated oven until sausage is cooked through and liquid is bubbling, about 1 hour.
- ☐ Garnish with chopped basil, oregano, and marjoram.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:0.77, Inflammation Score:-8, Nutrition Score:16.824782666953%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 458.93kcal (22.95%), Fat: 32.66g (50.24%), Saturated Fat: 8.72g (54.5%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 10.56g (3.84%), Sugar: 3.12g (3.46%), Cholesterol: 118.41mg (39.47%), Sodium: 1606.98mg (69.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.82%), Selenium: 27.54µg (39.34%), Vitamin B3: 7.12mg (35.6%), Vitamin K: 32.53µg (30.98%), Vitamin B6: 0.61mg (30.55%), Vitamin C: 20.71mg (25.1%), Phosphorus: 237.95mg (23.79%), Fiber: 5.69g (22.77%), Vitamin B1: 0.3mg (20.19%), Manganese: 0.36mg (18.03%), Iron: 3.13mg (17.37%), Vitamin B2: 0.28mg (16.18%), Vitamin B12: 0.87µg (14.58%), Potassium: 493mg (14.09%), Zinc: 2.06mg (13.71%), Vitamin B5: 1.24mg (12.41%), Vitamin E: 1.78mg (11.86%), Magnesium: 41.06mg (10.27%), Copper: 0.19mg (9.73%), Calcium: 69.99mg (7%), Vitamin A: 341.13IU (6.82%), Folate: 23.85µg (5.96%)