



Sweet-and-Sour Chicken

 Gluten Free

READY IN



27 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup unfiltered apple cider
- 0.5 cup apple cider vinegar
- 3.5 pound meat from a rotisserie chicken cut into 8 pieces
- 1 tablespoon thyme leaves fresh
- 0.3 cup golden raisins
- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin
- 1 pound shallots halved

- 1 tablespoon tomato paste
- 2 tablespoons butter unsalted cold cut into cubes

Equipment

- frying pan
- oven
- whisk

Directions

- Position a rack in the upper third of the oven and preheat to 450 degrees.
- Pat the chicken dry and season with salt and pepper. Dust the skin side with flour.
- Place a large ovenproof skillet over medium-high heat, add the olive oil and heat until shimmering.
- Add the chicken, skin-side down, and cook until the skin is golden, about 5 minutes. Turn the pieces and pour off the excess fat. Tuck the shallots under and around the chicken and cook until just golden, about 2 more minutes.
- Push the chicken aside, then stir in the tomato paste and thyme and cook until the paste darkens, about 30 seconds.
- Add the vinegar, apple cider and raisins, bring to a boil and simmer 1 minute.
- Transfer the skillet to the oven and roast the chicken until just cooked through, 10 to 12 minutes.
- Transfer the chicken, skin-side up, to a heatproof serving dish and return to the oven (turn the oven off). Bring the sauce left in the pan to a boil and reduce by half, 3 to 4 minutes. Lower the heat and whisk in the butter. Spoon the sauce over the chicken.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 23.5% **FAT 56.37%** **CARBS 20.13%**

Properties

Glycemic Index:64.35, Glycemic Load:11.59, Inflammation Score:-9, Nutrition Score:21.223913203115%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 664.69kcal (33.23%), Fat: 41.62g (64.04%), Saturated Fat: 12.83g (80.18%), Carbohydrates: 33.46g (11.15%), Net Carbohydrates: 28.88g (10.5%), Sugar: 19.53g (21.69%), Cholesterol: 157.93mg (52.64%), Sodium: 377.55mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.08%), Vitamin B3: 13.5mg (67.5%), Vitamin B6: 1.12mg (55.86%), Selenium: 29.22µg (41.74%), Phosphorus: 373.29mg (37.33%), Manganese: 0.54mg (27.18%), Potassium: 933.56mg (26.67%), Iron: 3.85mg (21.41%), Vitamin B5: 2.11mg (21.14%), Zinc: 3.07mg (20.46%), Vitamin C: 16.45mg (19.94%), Magnesium: 73.74mg (18.43%), Fiber: 4.58g (18.32%), Vitamin B2: 0.3mg (17.42%), Copper: 0.27mg (13.33%), Vitamin E: 1.98mg (13.18%), Folate: 51.83µg (12.96%), Vitamin B1: 0.19mg (12.87%), Vitamin A: 590.62IU (11.81%), Vitamin B12: 0.6µg (10.04%), Vitamin K: 9.35µg (8.9%), Calcium: 84.17mg (8.42%), Vitamin D: 0.49µg (3.24%)