



The Italian Village Chicken Vesuvio

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



1017 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups canola oil for frying
- 1 fryer chicken cut into 8 pieces (2 wings, 2 breasts, 2 legs, 2 thighs)
- 2 clove garlic peeled mashed
- 1 teaspoon ground pepper black
- 0.3 cup olive oil
- 1 tablespoon oregano dried
- 2 tablespoons parsley leaves chopped
- 3 large russet potatoes thick peeled cut into wedges

- 2 teaspoon salt
- 0.5 cup white wine

Equipment

- frying pan
- paper towels
- oven
- stove
- tongs

Directions

- Heat oven to 400 degrees F.
- Clean chicken, rinse with cold water and pat dry. Season with salt and pepper.
- Heat 1/3-cup olive oil in a large heavy skillet over medium-high heat. When oil is hot, carefully place chicken in pan using tongs. Breasts and thighs first, then the rest. Brown well on all sides, remove chicken from pan.
- Pour off all but a few tablespoons of oil. Return chicken to skillet and place uncovered in preheated oven for 25 minutes, turning chicken once or twice.
- Heat 2 cups of canola oil to 350 degrees F.
- While chicken is cooking have potatoes peeled, wedged, rinsed and dry. Carefully add wedges into hot oil, about 4 at a time. Avoid crowding. Fry potatoes until golden and remove and let drain on paper towel and reserve for later.
- For the last 5 minutes of cooking for the chicken, add the cooked potatoes, garlic, oregano and wine to skillet, return to oven.
- Remove skillet from oven to stove top after the 5 minutes, add parsley and gently turn with a spoon.
- Remove chicken to a large platter, arrange potatoes atop the chicken and pour the pan juices over all.

Nutrition Facts



■ PROTEIN 16.65% ■ FAT 62.35% ■ CARBS 21%

Properties

Glycemic Index:49.69, Glycemic Load:39.69, Inflammation Score:-9, Nutrition Score:30.626521525176%

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: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1017.34kcal (50.87%), Fat: 69.39g (106.76%), Saturated Fat: 12.44g (77.77%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 48.24g (17.54%), Sugar: 2.09g (2.32%), Cholesterol: 142.83mg (47.61%), Sodium: 1313.53mg (57.11%), Alcohol: 3.09g (100%), Alcohol %: 0.62% (100%), Protein: 41.68g (83.37%), Vitamin B6: 1.67mg (83.56%), Vitamin B3: 15.95mg (79.75%), Vitamin K: 76.18µg (72.55%), Vitamin E: 7.36mg (49.07%), Potassium: 1575.19mg (45.01%), Phosphorus: 443.65mg (44.37%), Selenium: 28.86µg (41.23%), Manganese: 0.66mg (33.16%), Magnesium: 110.38mg (27.59%), Iron: 4.94mg (27.47%), Vitamin C: 21.98mg (26.64%), Vitamin B5: 2.62mg (26.15%), Vitamin B1: 0.35mg (23.34%), Zinc: 3.41mg (22.76%), Copper: 0.4mg (20.03%), Vitamin B2: 0.34mg (19.73%), Fiber: 4.35g (17.41%), Folate: 56.6µg (14.15%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 462IU (9.24%), Calcium: 88.18mg (8.82%), Vitamin D: 0.38µg (2.54%)