



Thyme-Infused Chicken Breasts with Pomegranate Sauce

READY IN



80 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups water cold
- ☐ 0.5 cup salt (preferably non-iodized)
- ☐ 5 peppercorns black
- ☐ 4 cloves garlic smashed
- ☐ 3 thyme sprigs fresh
- ☐ 3 lb skin-on chicken breasts bone-in
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons butter softened

- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 teaspoons tomato paste
- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup chicken broth
- ☐ 1 thyme sprigs fresh
- ☐ 0.5 cup pomegranate juice
- ☐ 2 teaspoons brown sugar packed

Equipment

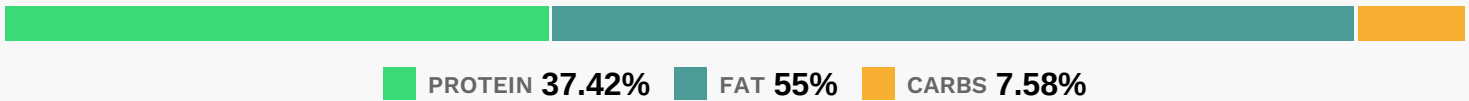
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ In large bowl, mix cold water, salt, peppercorns, smashed garlic and 3 thyme sprigs until salt is dissolved.
- ☐ Add chicken and stir well. Cover with plastic wrap and refrigerate at least 30 minutes but no more than 3 hours.
- ☐ Remove chicken from brine and pat dry with paper towels.
- ☐ In 10-inch skillet, heat oil over medium-high heat until shimmering and hot.
- ☐ Add chicken, skin sides down, and cook 5 minutes or until golden brown. Use long-handled tongs to turn chicken and cook 5 minutes longer or until golden. Reduce heat to low.
- ☐ Simmer uncovered about 20 minutes, without turning, until juice of chicken is no longer pink when thickest part is cut to bone (170°F).

- ☐ Remove chicken from skillet and place on plate, reserving drippings in skillet. Cover tightly with foil; set aside.
- ☐ Meanwhile, in small bowl, mix butter and flour with your fingers or a spoon. Knead mixture until it is a smooth paste; set aside.
- ☐ Pour out all but 1 tablespoon drippings from skillet.
- ☐ Place skillet over medium heat and stir in onion. Cook 3 minutes, stirring occasionally, or until soft.
- ☐ Add finely chopped garlic and cook 30 seconds, stirring constantly, until fragrant. Stir in tomato paste and cook 1 minute longer.
- ☐ Add wine and increase heat to high.
- ☐ Heat to boiling, scraping any browned bits off bottom of skillet. Boil wine 5 minutes or until reduced to about 2 tablespoons.
- ☐ Add broth and 1 thyme sprig to skillet. Boil 5 minutes, stirring occasionally, or until reduced by half.
- ☐ Add pomegranate juice and brown sugar.
- ☐ Heat to boiling, stirring pomegranate mixture with wire whisk.
- ☐ Pinch off about half of the butter–flour paste. Drop this into boiling sauce and quickly beat in with wire whisk. Repeat with remaining paste, stirring constantly.
- ☐ Heat sauce to boiling and boil 2 minutes, stirring constantly.
- ☐ Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:94.75, Glycemic Load:2.79, Inflammation Score:-8, Nutrition Score:23.143478217332%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 631.36kcal (31.57%), Fat: 37.96g (58.4%), Saturated Fat: 11.93g (74.54%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 11.17g (4.06%), Sugar: 6.74g (7.49%), Cholesterol: 190.4mg (63.47%), Sodium: 14632.85mg (636.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.11g (116.22%), Vitamin B3: 27.54mg (137.68%), Vitamin B6: 1.52mg (76.02%), Selenium: 47.63µg (68.04%), Phosphorus: 496.07mg (49.61%), Vitamin B5: 2.35mg (23.47%), Potassium: 747.71mg (21.36%), Magnesium: 81.56mg (20.39%), Vitamin B2: 0.31mg (18.03%), Zinc: 2.45mg (16.36%), Vitamin K: 16.87µg (16.07%), Vitamin B12: 0.95µg (15.82%), Vitamin B1: 0.23mg (15.36%), Iron: 2.75mg (15.27%), Manganese: 0.28mg (14.01%), Copper: 0.25mg (12.29%), Vitamin E: 1.73mg (11.55%), Vitamin A: 496.38IU (9.93%), Calcium: 76.19mg (7.62%), Vitamin D: 1.09µg (7.26%), Folate: 27.34µg (6.84%), Vitamin C: 3.83mg (4.64%), Fiber: 0.59g (2.36%)