



Vinegar-Braised Chicken and Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 2 bay leaves
- ☐ 6 servings pepper black freshly ground
- ☐ 5 pounds chicken pieces bone-in halved (breasts, thighs, and/or legs; breasts crosswise)
- ☐ 4 garlic clove crushed peeled
- ☐ 0.5 cup golden raisins
- ☐ 6 servings kosher salt
- ☐ 2 cups chicken broth low-sodium

- ☐ 3 tablespoons olive oil
- ☐ 8 ounces pancetta italian cut into 1/4" pieces (bacon)
- ☐ 2 pounds pearl onions
- ☐ 0.8 cup red wine vinegar

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

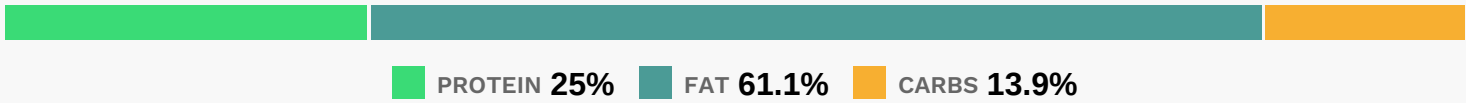
Directions

- ☐ Cook onions in a large pot of boiling salted water until tender, 5–8 minutes.
- ☐ Drain and let cool. Trim root ends; peel.
- ☐ Meanwhile, heat oil in a large heavy pot over medium heat.
- ☐ Add pancetta to pot and cook, stirring occasionally, until fat is rendered and pancetta is brown, 8–10 minutes. Using a slotted spoon, transfer pancetta to a large bowl.
- ☐ Add onions to same pot and cook, stirring occasionally, until beginning to brown, 8–10 minutes.
- ☐ Add garlic and cook, stirring often, until fragrant, about 3 minutes.
- ☐ Transfer onions and garlic to bowl with pancetta.
- ☐ Season chicken with salt and pepper. Working in batches, add chicken to pot skin side down and cook, turning, until browned on all sides, 10–15 minutes per batch; transfer to bowl with onions.
- ☐ Carefully drain fat from pot and return to medium–high heat.
- ☐ Add both vinegars to pot and bring to a boil, stirring and scraping up any browned bits from bottom of pot.
- ☐ Add broth, raisins, bay leaves, and reserved chicken, pancetta, onions, and garlic to pot. Bring to a boil, reduce heat, and simmer, partially covered, until chicken is fork–tender, 35–40 minutes.
- ☐ Using a slotted spoon, transfer chicken and onions to a large platter. Skim fat from cooking liquid and discard.

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Remove bay leaves, and season sauce with salt and pepper. Spoon sauce over chicken and onions.

Nutrition Facts



Properties

Glycemic Index:32.61, Glycemic Load:11.2, Inflammation Score:-8, Nutrition Score:25.744347593059%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg, Isorhamnetin: 7.57mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 31.02mg, Quercetin: 31.02mg, Quercetin: 31.02mg, Quercetin: 31.02mg

Nutrients (% of daily need)

Calories: 918.75kcal (45.94%), Fat: 61.41g (94.47%), Saturated Fat: 17.3g (108.1%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 28.29g (10.29%), Sugar: 18.45g (20.5%), Cholesterol: 217.72mg (72.57%), Sodium: 665.27mg (28.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.53g (113.07%), Vitamin B3: 20.41mg (102.04%), Selenium: 45.74µg (65.35%), Vitamin B6: 1.25mg (62.71%), Phosphorus: 525.32mg (52.53%), Potassium: 996.17mg (28.46%), Zinc: 4.25mg (28.32%), Vitamin B5: 2.77mg (27.65%), Vitamin B2: 0.43mg (25.24%), Vitamin B1: 0.33mg (22.21%), Magnesium: 81.81mg (20.45%), Iron: 3.63mg (20.17%), Vitamin C: 16.48mg (19.97%), Manganese: 0.39mg (19.51%), Vitamin B12: 1.06µg (17.74%), Copper: 0.3mg (15.05%), Vitamin E: 1.99mg (13.26%), Fiber: 3.13g (12.52%), Folate: 44.65µg (11.16%), Calcium: 89.42mg (8.94%), Vitamin K: 9.29µg (8.85%), Vitamin A: 379.65IU (7.59%), Vitamin D: 0.67µg (4.44%)