

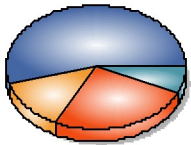
Chicken Thighs With Red Wine, Dried Plums and Garlic

Modified by www.todaysdietitian.com

Recipe grams: 1644.98g/58.0oz

Serves 14.56 112.95g/4.0oz per serving

Prep time: 15 min. Cook time: 120 min.



Protein: 54%
 Carbohydrates: 13%
 Fat: 25%
 Alcohol: 7%

INGREDIENTS

8 prune FRESH PITTED PRUNES
 2 clove GARLIC
 .5 tsp DRIED ROSEMARY, OR FRESH SPRIG
 .5 tsp GROUND CINNAMON, OR STICK
 3/4 cup DRY RED WINE
 1/2 fruit ORANGE, JUICED
 8 thigh CHICKEN THIGH, W/O SKIN
 4 oz LOW SODIUM CHICKEN BROTH

DIRECTIONS

1. Set oven to 325.
2. Scatter the prunes, garlic cloves, cloves, cinnamon stick and rosemary sprig in the bottom of the pan. Arrange the chicken thighs on top, skin-side up. Mix the stock, orange juice and red wine together. Pour over the chicken. Salt and pepper chicken well. Cover with foil. Roast for two hours. Let rest in the juices.



NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FIBER(g)	FAT(g)	SAT FAT(g)
FRESH PITTED PRUNES	76	182	2	49	5	0	0
GARLIC	6	9	0	2	0	0	0
DRIED ROSEMARY	1	2	0	0	0	0	0
GROUND CINNAMON	1	3	0	1	1	0	0
DRY RED WINE	176	150	0	5	0	0	0
ORANGE, JUICED	80	50	1	12	4	0	0
CHICKEN THIGH, W/O SKIN	1192	1442	234	0	0	49	13
LOW SODIUM CHICKEN BROTH	113	11	1	0	0	0	0
TOTALS	1645	1850	239	69	10	50	13
PER SERVING	113	127	16	5	1	3	1

NUTRIENT ANALYSIS

INGREDIENT	CHOL(mg)	SODIUM(mg)
FRESH PITTED PRUNES	0	2
GARLIC	0	1
DRIED ROSEMARY	0	0
GROUND CINNAMON	0	0
DRY RED WINE	0	7
ORANGE, JUICED	0	2
CHICKEN THIGH, W/O SKIN	1120	1132
LOW SODIUM CHICKEN BROTH	2	53
TOTALS	1123	1197
PER SERVING	77	82