

# Creamy Black Garlic Chicken

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/black-garlic-chinese-recipe>

## Ingredients:

- 4 bone in chicken thighs
- 2 shallots halved and sliced
- 3 tablespoons black garlic minced
- 3 cloves garlic minced
- 3/4 cup half and half
- 3/4 cup white wine
- 1 cup chicken stock
- 3 tablespoons flour
- 2 cups spinach
- 1 bunch parsley chopped

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 195 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 45 grams
7. SaturatedFat: 10 grams
8. Sodium: 300 milligrams
9. Sugar: 2 grams

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