

Braised Chicken

Yield: 6 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-braised-chicken-recipe>

Ingredients:

- 6 chicken quarters or substitute with chicken drumsticks, thighs or breasts
- salt
- pepper
- garlic powder to taste
- onion powder to taste
- 4 tablespoons butter
- 2 tablespoons olive oil
- 2 yellow onions cut into 1/2" slices
- 3 carrots cut into 1" pieces
- 3 stalks celery cut into 1/2" pieces
- 6 cloves garlic roughly sliced
- 1/4 cup all purpose flour
- 3 cups chicken broth
- 2 tablespoons red wine vinegar
- 2 tablespoons parsley chopped, for garnish, optional

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 125 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 350 milligrams
9. Sugar: 3 grams

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