

Italian Braised Chicken Thighs

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fried-artichoke-hearts-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 1/2 pounds chicken thighs bone-in, skin-on
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon granulated garlic
- 1 tablespoon olive oil
- 3/4 cup onions chopped
- 6 ounces artichoke hearts quartered, about half a can, drained
- 3 cloves garlic finely chopped
- 2 teaspoons dried herbs Italian blend, oregano, or basil
- 1 pinch red pepper flakes
- 3/4 cup chicken broth
- 1/2 cup red wine optional, or use more broth
- 15 ounces diced tomatoes
- 8 ounces mushrooms small, halved or quartered
- 2 teaspoons chopped parsley fresh, or oregano, optional
- 2 tablespoons grated Parmesan optional, skip for dairy-free

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 145 milligrams
4. Fat: 34 grams
5. Fiber: 6 grams
6. Protein: 36 grams
7. SaturatedFat: 8 grams
8. Sodium: 380 milligrams
9. Sugar: 6 grams

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