

Stovetop Lemonade Chicken

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

3/4 cup lemonade concentrate
1/4 cup ketchup
3 tablespoons brown sugar
3 tablespoons white vinegar
1/4 teaspoon paprika
1/4 teaspoon chili powder
1/4 teaspoon granulated garlic powder
1/4 teaspoon granulated onion powder
1/4 teaspoon thyme
1/4 teaspoon basil
1/4 teaspoon oregano
salt (to taste)
pepper (to taste)
2 1/2 pounds chicken or chicken thighs, cut into eight pieces
1/2 cup flour
1/4 cup extra-virgin olive oil

In a bowl, mix the lemonade, ketchup, brown sugar, vinegar, paprika, chili powder, garlic powder, onion powder, thyme, basil, oregano, salt and pepper.

In a deep bowl, dredge the chicken pieces into the flour.

In a Dutch oven, heat the olive oil. Add the chicken and brown all of the pieces. Drain any excess oil from the pan. Pour the sauce mixture over the chicken.

Cover and cook over low heat for 35 to 40 minutes. Remove when the chicken is fully cooked.

Per Serving (excluding unknown items): 882 Calories; 55g Fat (54.8% calories from fat); 8g Protein; 95g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 731mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 11 Fat; 3 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	882	Vitamin B6 (mg):	.1mg
% Calories from Fat:	54.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	41.8%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	55g	Folacin (mcg):	30mcg

Saturated Fat (g): 7g
Monounsaturated Fat (g): 40g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 0mg
Carbohydrate (g): 95g
Dietary Fiber (g): 3g
Protein (g): 8g
Sodium (mg): 731mg
Potassium (mg): 542mg
Calcium (mg): 70mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 1251IU
Vitamin A (r.e.): 125 1/2RE

Niacin (mg): 5mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 3
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 3

Nutrition Facts

Amount Per Serving

Calories 882 **Calories from Fat:** 484

% Daily Values*

Total Fat	55g	85%
Saturated Fat	7g	37%
Cholesterol	0mg	0%
Sodium	731mg	30%
Total Carbohydrates	95g	32%
Dietary Fiber	3g	13%
Protein	8g	
Vitamin A		25%
Vitamin C		17%
Calcium		7%
Iron		29%

* Percent Daily Values are based on a 2000 calorie diet.