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## Cider-Braised Chicken ♦

Cider-Braised Chicken is a delicious and hearty dish that combines tender chicken with the rich flavors of apple cider. It is a popular dish in many cuisines, especially during the fall season. The chicken is braised in a mixture of apple cider, chicken broth, and aromatic spices, which infuses it with a sweet and savory flavor. The dish is typically served with roasted vegetables or mashed potatoes.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 60 mins

**Total Time:** 75 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

<b>1000 g</b>	Chicken Thighs
<b>2 c</b>	apple cider
<b>1 c</b>	chicken broth
<b>1 large</b>	onion

<b>4 cloves</b>	garlic cloves
<b>2 tsp</b>	Thyme
<b>2 tsp</b>	Rosemary
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Black pepper
<b>2 tbsp</b>	olive oil

## Directions

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### Step 1

Season the chicken thighs with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stove

Heat olive oil in a large skillet over medium-high heat. Add the chicken thighs and cook until browned on both sides, about 5 minutes per side.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Stove

Remove the chicken from the skillet and set aside. In the same skillet, add the onion and garlic and cook until softened, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 4

Stove

Add the apple cider, chicken broth, thyme, and rosemary to the skillet. Bring to a boil, then reduce heat to low.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 5

Stove

Return the chicken thighs to the skillet. Cover and simmer for 45 minutes, or until the chicken is cooked through and tender.

**Prep Time:** 5 mins

**Cook Time:** 45 mins

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## Step 6

Serve the cider-braised chicken with roasted vegetables or mashed potatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Mixer

Oven

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

### Nutritional Content

Sugar-Free

Low Carb

High Protein

Low Fat

High Fiber

Low Sodium

High Vitamin C

High Iron

High Calcium

### Difficulty Level

Easy

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