



Baked Chicken with White Beans and Tomatoes



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bacon cut into 1-inch pieces ()
- ☐ 14 oz canned tomatoes canned
- ☐ 30 oz beans white rinsed drained canned
- ☐ 4 large chicken thighs with skin and bone (1 1/2 lb total)
- ☐ 1.5 cups onions chopped

Equipment

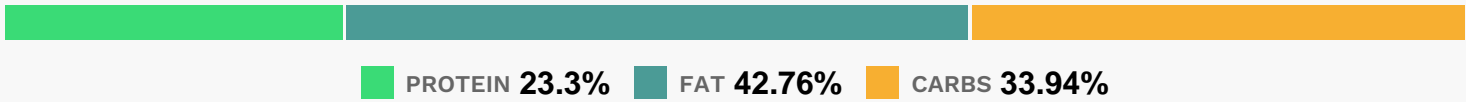
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Cook bacon in a 10-inch heavy ovenproof skillet over moderate heat, stirring occasionally, until browned and crisp, about 8 minutes.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain, reserving fat in skillet.
- ☐ While bacon is browning, pat chicken dry and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Brown chicken in fat in skillet over moderately high heat, turning over once, about 8 minutes total, then transfer chicken with tongs to paper towels to drain.
- ☐ Pour off all but 3 tablespoons fat from skillet and reduce heat to moderate. Cook onions in skillet with 1/4 teaspoon salt, stirring and scraping up any brown bits, until golden brown, about 10 minutes. Stir tomatoes and juice into onions and boil, uncovered, 3 minutes, to concentrate juices slightly. Stir in bacon and beans and bring to a simmer. Nestle chicken, skin side up, in beans and bake, uncovered, until chicken is cooked through, 20 to 25 minutes.
- ☐ If you don't have an ovenproof skillet, after simmering bean mixture transfer it to a shallow 2- to 3-quart baking dish, then add chicken and bake as above.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:14.08, Inflammation Score:-8, Nutrition Score:30.875217349633%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin:

12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 683.22kcal (34.16%), Fat: 32.82g (50.49%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 45.51g (16.55%), Sugar: 7.53g (8.36%), Cholesterol: 132.52mg (44.17%), Sodium: 449.48mg (19.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.24g (80.48%), Manganese: 1.38mg (68.78%), Fiber: 13.11g (52.44%), Iron: 8.67mg (48.14%), Phosphorus: 468.7mg (46.87%), Potassium: 1640.62mg (46.87%), Selenium: 32.06µg (45.8%), Vitamin B6: 0.86mg (42.78%), Folate: 165.89µg (41.47%), Vitamin B3: 8.1mg (40.49%), Magnesium: 159.71mg (39.93%), Copper: 0.77mg (38.49%), Vitamin B1: 0.48mg (32.06%), Zinc: 4.55mg (30.35%), Vitamin E: 3.31mg (22.07%), Calcium: 213.44mg (21.34%), Vitamin B5: 2.07mg (20.74%), Vitamin B2: 0.32mg (18.96%), Vitamin C: 13.57mg (16.45%), Vitamin B12: 0.89µg (14.8%), Vitamin K: 14.04µg (13.37%), Vitamin A: 314.88IU (6.3%), Vitamin D: 0.25µg (1.63%)