



Braised chicken & beans



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 4 chicken thighs boneless skinless
- ☐ 1 onion chopped
- ☐ 1 garlic clove chopped
- ☐ 1 tsp thyme leaves dried
- ☐ 300 ml white wine
- ☐ 400 g flageolet bean rinsed drained canned
- ☐ 1 handful parsley leaves

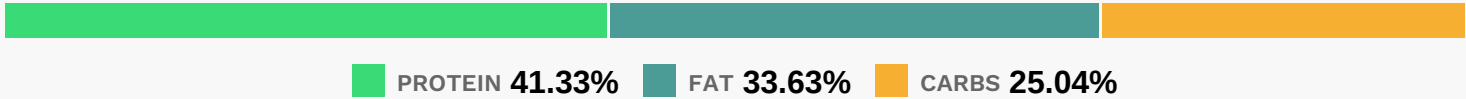
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a wide pan with a lid, add the chicken, then quickly cook to brown it all over.
- ☐ Tip in the onion, garlic and thyme, then fry for a further 2 mins.
- ☐ Pour in the wine, 150ml water and a little salt and pepper. Bring to the boil, then simmer for 20 mins, covering halfway through the cooking time, until the chicken is tender.
- ☐ Stir the beans into the pan and briefly warm through. Roughly chop the parsley, then scatter over to serve.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:3.06, Inflammation Score:-9, Nutrition Score:30.696956572325%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 558.48kcal (27.92%), Fat: 16.6g (25.54%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 16.71g (6.08%), Sugar: 7.44g (8.26%), Cholesterol: 214.7mg (71.57%), Sodium: 220.85mg (9.6%), Alcohol: 15.67g (100%), Alcohol %: 3.08% (100%), Protein: 45.9g (91.8%), Selenium: 53.15µg (75.93%), Vitamin B3: 13.32mg (66.61%), Vitamin B6: 1.26mg (62.8%), Vitamin C: 47.95mg (58.12%), Vitamin K: 57.02µg (54.31%), Phosphorus: 506.82mg (50.68%), Fiber: 11.09g (44.37%), Vitamin B5: 3.14mg (31.35%), Potassium: 1064.9mg (30.43%), Vitamin B2: 0.5mg (29.54%), Zinc: 4.11mg (27.42%), Iron: 4.59mg (25.49%), Magnesium: 99.61mg (24.9%), Manganese: 0.49mg (24.42%), Vitamin B12: 1.45µg (24.11%), Vitamin B1: 0.28mg (18.97%), Vitamin E: 2.41mg (16.1%),

Copper: 0.26mg (13.18%), Folate: 50.01µg (12.5%), Calcium: 89.46mg (8.95%), Vitamin A: 292.55IU (5.85%)