



Chicken, Artichoke and Cannellini Bean Spezzatino

 Gluten Free  Dairy Free

READY IN



63 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 teaspoon pepper black freshly ground plus more for seasoning
- 15 ounce .5 can cannellini beans rinsed drained canned
- 2 medium carrots peeled cut into 1/2-inch pieces
- 2 celery stalks thinly sliced
- 2 chicken breasts skinless with rib meat (1 1/2 to 2 pounds total)
- 28 ounce chicken stock see low-sodium canned

- 2 teaspoons thyme leaves dried
- 0.5 cup basil leaves fresh packed chopped
- 12 ounces artichoke hearts frozen thawed chopped
- 3 cloves garlic halved
- 1 teaspoon kosher salt plus more for seasoning
- 2 tablespoons olive oil
- 1 onion diced
- 4 ounce pancetta diced
- 2 tablespoons tomato paste

Equipment

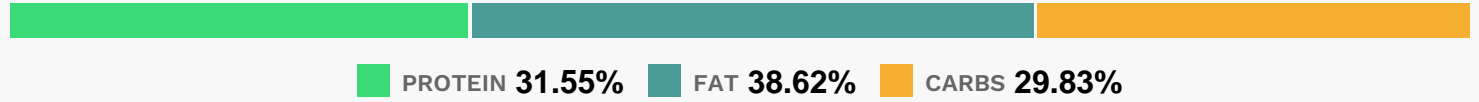
- bowl
- paper towels
- sauce pan
- ladle
- slotted spoon

Directions

- Watch how to make this recipe.
- In a heavy 5 or 6 quart saucepan, heat the oil over medium-high heat.
- Add the pancetta and cook, stirring frequently, until brown and crispy, about 6 to 8 minutes. Using a slotted spoon, remove the pancetta and drain on paper towels. Set aside.
- Add the carrots, celery, onion, garlic, 1 teaspoon salt and 1 teaspoon pepper and cook until the onion is translucent, about 5 minutes. Stir in the chicken stock, basil, tomato paste, thyme, and bay leaf.
- Add the chicken and press down to submerge. Bring the liquid to a simmer. Reduce the heat to medium-low and simmer, uncovered, turning the chicken over and stirring occasionally, for 20 minutes.
- Add the artichokes and the cannellini beans and simmer until the chicken is cooked through and the liquid has reduced slightly, about 10 to 15 minutes.

- Remove the chicken and let cool for 5 minutes. Discard the bones and cut the meat into bite-size pieces. Return the meat to the saucepan and simmer for 5 minutes until warmed through.
- Remove the bay leaf and discard. Season the spezzatino with salt and pepper, to taste.
- Ladle the spezzatino into bowls and garnish with the cooked pancetta.

Nutrition Facts



Properties

Glycemic Index:52.31, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:24.247826026834%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 354.19kcal (17.71%), Fat: 15.51g (23.87%), Saturated Fat: 3.97g (24.8%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 19.94g (7.25%), Sugar: 2.82g (3.13%), Cholesterol: 60.69mg (20.23%), Sodium: 728.61mg (31.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.03%), Vitamin A: 3722.64IU (74.45%), Vitamin B3: 11.44mg (57.18%), Selenium: 29.81µg (42.58%), Vitamin B6: 0.81mg (40.74%), Manganese: 0.71mg (35.27%), Phosphorus: 344.3mg (34.43%), Folate: 131.39µg (32.85%), Potassium: 1060.96mg (30.31%), Fiber: 7.01g (28.04%), Vitamin K: 23.36µg (22.25%), Iron: 3.87mg (21.49%), Magnesium: 84.28mg (21.07%), Copper: 0.35mg (17.34%), Vitamin B2: 0.27mg (15.69%), Vitamin B1: 0.23mg (15.49%), Vitamin B5: 1.52mg (15.23%), Zinc: 1.94mg (12.95%), Vitamin E: 1.87mg (12.48%), Vitamin C: 8.68mg (10.52%), Calcium: 100.35mg (10.04%), Vitamin B12: 0.38µg (6.29%), Vitamin D: 0.15µg (1.01%)