



Chicken, Artichoke, and Tomato Ragout



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 9 ounce artichoke hearts frozen
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion coarsely chopped
- ☐ 1 pound chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 3 tablespoons tomato paste

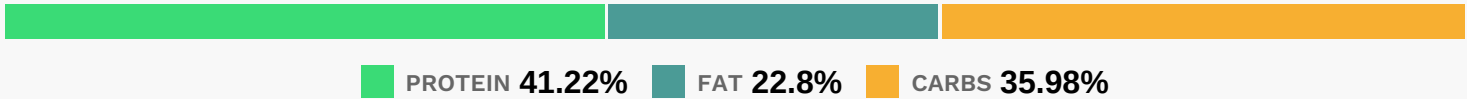
Equipment

- ☐ dutch oven

Directions

- ☐ Sprinkle chicken with pepper.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add the chicken, onion, and garlic; saut for 6 minutes or until chicken is lightly browned. Stir in broth and next 5 ingredients (broth through bay leaf); bring to a boil. Reduce heat, and simmer 20 minutes or until thick, stirring occasionally. Stir in artichoke hearts. Cook 5 minutes or until thoroughly heated. Discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:5.9, Inflammation Score:-8, Nutrition Score:27.340869271237%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 291.28kcal (14.56%), Fat: 7.48g (11.51%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 19g (6.91%), Sugar: 12.14g (13.48%), Cholesterol: 72.57mg (24.19%), Sodium: 753.18mg (32.75%), Alcohol: 1.54g (100%), Alcohol %: 0.39% (100%), Protein: 30.42g (60.84%), Vitamin B3: 15.57mg (77.84%), Vitamin B6: 1.31mg (65.49%), Selenium: 39.93µg (57.04%), Potassium: 1378.1mg (39.37%), Phosphorus: 372mg (37.2%), Vitamin C: 29.07mg (35.23%), Manganese: 0.7mg (35.11%), Folate: 120.96µg (30.24%), Fiber: 7.55g (30.19%), Copper: 0.51mg (25.39%), Vitamin E: 3.74mg (24.93%), Magnesium: 99.01mg (24.75%), Vitamin B5: 2.44mg (24.4%), Iron: 4.06mg (22.56%), Vitamin B2: 0.35mg (20.75%), Vitamin B1: 0.29mg (19.46%), Vitamin K: 16.81µg (16.01%), Vitamin A: 746.01IU (14.92%), Calcium: 108.71mg (10.87%), Zinc: 1.6mg (10.66%), Vitamin B12: 0.34µg (5.67%)