



## Chicken, bacon & potato stew



Gluten Free



Dairy Free

READY IN



410 min.

SERVINGS



6

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tbsp olive oil
- ☐ 6 chicken thighs bone-in skinless
- ☐ 12 bacon smoked chopped
- ☐ 200 g shallots
- ☐ 350 g baby potatoes halved
- ☐ 9 servings thyme sprigs
- ☐ 200 ml wine
- ☐ 500 ml chicken stock see hot

- ☐ 280 ml pot roast cut
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tbsp tarragon chopped

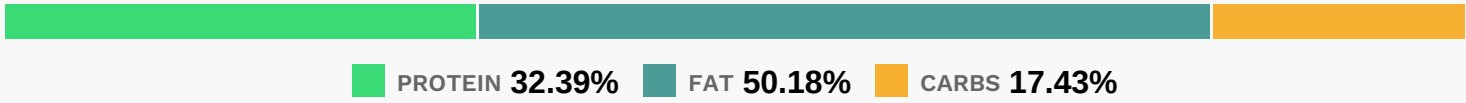
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker

## Directions

- ☐ Heat the oil in a large saucepan, or if your slow cooker has a browning function, then use this. Brown the chicken thighs for about 10 mins, until they have a nice golden colour, then remove and set aside. Tip in the bacon and shallots, and brown these, too.
- ☐ Tip everything apart from the buttermilk, lemon juice and 1 tbsp tarragon into your slow cooker. Simmer on High for 4–6 hrs, until the chicken is really tender and falling off the bone.
- ☐ Check the sauce; if you like it a little thicker, strain liquid into a pan and boil until thickened.
- ☐ Pour in the buttermilk, if using, and whisk until smooth.
- ☐ Sprinkle in the lemon juice and remaining tarragon, season, then return chicken, bacon and veg if you need to.

## Nutrition Facts



## Properties

Glycemic Index:40.63, Glycemic Load:9.5, Inflammation Score:-9, Nutrition Score:23.290434692217%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg

0.16mg, Naringenin: 0.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 524.22kcal (26.21%), Fat: 27.59g (42.45%), Saturated Fat: 8.43g (52.68%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 18.87g (6.86%), Sugar: 4.8g (5.34%), Cholesterol: 158.81mg (52.94%), Sodium: 547.87mg (23.82%), Alcohol: 3.48g (100%), Alcohol %: 1.08% (100%), Protein: 40.07g (80.14%), Selenium: 45.87µg (65.53%), Vitamin B3: 12.13mg (60.65%), Vitamin B6: 1.2mg (59.98%), Phosphorus: 436.86mg (43.69%), Zinc: 5.18mg (34.53%), Vitamin B12: 1.86µg (30.96%), Potassium: 1021.69mg (29.19%), Vitamin B2: 0.43mg (25.04%), Vitamin B1: 0.35mg (23.5%), Vitamin C: 18.5mg (22.42%), Iron: 3.86mg (21.43%), Vitamin B5: 2.07mg (20.67%), Manganese: 0.41mg (20.39%), Magnesium: 74.75mg (18.69%), Copper: 0.28mg (13.85%), Fiber: 2.69g (10.74%), Folate: 40.94µg (10.23%), Calcium: 67.76mg (6.78%), Vitamin K: 6.6µg (6.29%), Vitamin E: 0.89mg (5.95%), Vitamin A: 184.41IU (3.69%), Vitamin D: 0.22µg (1.48%)