



Chicken Baked on a Bed of Bread and Swiss Chard

 Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



102 kcal

Ingredients

- ☐ 0.5 pound day-old peasant bread cut into 1-inch cubes ()
- ☐ 0.3 cup capers salted rinsed well
- ☐ 1 meat from a rotisserie chicken cut into 8 pieces
- ☐ 3 cloves garlic coarsely chopped
- ☐ 0.3 cup golden raisins coarsely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 30 servings salt and pepper black freshly ground
- ☐ 3 shallots thinly sliced

- ☐ 1.5 pounds swiss chard ½ stemsfinely chopped
- ☐ 0.5 teaspoon thyme leaves minced

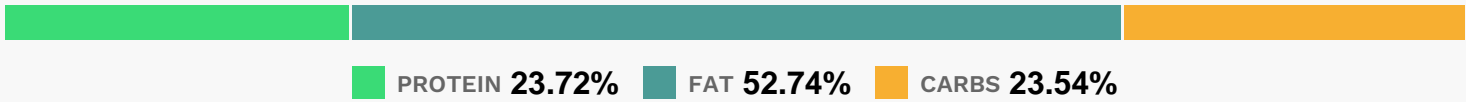
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ In a large bowl, toss the bread cubes with the olive oil, capers, raisins, Swiss chard, shallots, garlic and thyme. Season with salt and black pepper.
- ☐ Spread the bread in a large enameled cast-iron casserole.
- ☐ Season the chicken pieces with salt and pepper and arrange them over the bread. Cover the chicken with a piece of parchment paper and close the casserole with a heavy lid.
- ☐ Bake the chicken for 35 minutes.
- ☐ Remove the lid and parchment paper and increase the oven temperature to 40
- ☐ Bake the chicken for 10 to 12 minutes longer, or until golden on top and cooked through.
- ☐ Remove the casserole from the oven and let stand for 5 to 10 minutes.
- ☐ Serve the chicken with the bread and greens.

Nutrition Facts



Properties

Glycemic Index:9.48, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:10.180869624667%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 3.05mg, Quercetin:

3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 102.04kcal (5.1%), Fat: 6.04g (9.29%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 6.06g (2.02%), Net Carbohydrates: 5.19g (1.89%), Sugar: 1.6g (1.78%), Cholesterol: 19.04mg (6.35%), Sodium: 142.78mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin K: 190.67µg (181.59%), Vitamin A: 1427.06IU (28.54%), Vitamin B3: 2.27mg (11.36%), Manganese: 0.21mg (10.42%), Vitamin C: 7.67mg (9.3%), Selenium: 6.14µg (8.77%), Magnesium: 28.28mg (7.07%), Vitamin B6: 0.14mg (6.84%), Phosphorus: 61.2mg (6.12%), Iron: 1.02mg (5.64%), Vitamin E: 0.79mg (5.3%), Potassium: 165.31mg (4.72%), Vitamin B2: 0.08mg (4.44%), Copper: 0.08mg (3.92%), Vitamin B1: 0.06mg (3.86%), Fiber: 0.88g (3.51%), Vitamin B5: 0.34mg (3.45%), Zinc: 0.52mg (3.44%), Folate: 12.39µg (3.1%), Calcium: 27.1mg (2.71%), Vitamin B12: 0.08µg (1.31%)