



Chicken Bouillabaisse



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 6 chicken legs split (into drumsticks and thighs)
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.8 cup cooking wine dry white
- ☐ 14 ounce low-salt chicken broth canned
- ☐ 3 tablespoons olive oil
- ☐ 1 onion sliced
- ☐ 8 inch long orange peel strips (orange part only)

☐ 0.3 teaspoon saffron threads

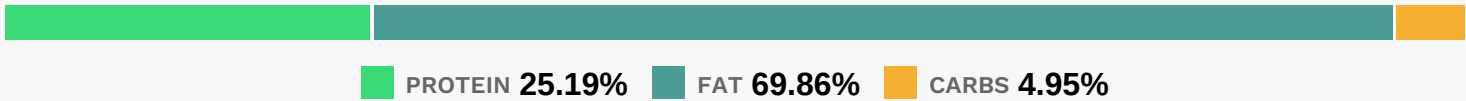
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Add chicken pieces to pan in single layer, submerging in sauce; return mixture to boil. Cover pan and place in oven.
- ☐ Bake until chicken is cooked through, about 45 minutes.
- ☐ Remove chicken from oven; keep covered. Maintain oven temperature.
- ☐ Toast on a baking sheet until golden, about 12 minutes: 12 1/2-inch-thick baguette slices, brushed with olive oil
- ☐ Remove from oven. Spoon chicken and sauce into shallow bowls. Top each serving with 2 toasted baguette slices.
- ☐ Garnish with rouille, if desired.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:10.876086965851%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 383.83kcal (19.19%), Fat: 27.98g (43.05%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.73g (1.36%), Sugar: 1.15g (1.28%), Cholesterol: 119.8mg (39.93%), Sodium: 130.63mg (5.68%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 22.7g (45.4%), Vitamin B3: 7.1mg (35.48%), Selenium: 23.35µg (33.36%), Phosphorus: 231.29mg (23.13%), Vitamin B6: 0.46mg (23.01%), Zinc: 2.05mg (13.64%), Vitamin B5: 1.33mg (13.33%), Vitamin B12: 0.79µg (13.13%), Vitamin B2: 0.21mg (12.63%), Potassium: 375.14mg (10.72%), Vitamin K: 10.23µg (9.74%), Vitamin E: 1.32mg (8.77%), Iron: 1.42mg (7.89%), Magnesium: 31.09mg (7.77%), Vitamin C: 6.31mg (7.64%), Vitamin B1: 0.11mg (7.26%), Copper: 0.12mg (5.81%), Manganese: 0.09mg (4.68%), Calcium: 29.83mg (2.98%), Fiber: 0.73g (2.93%), Vitamin A: 139.46IU (2.79%), Folate: 10.41µg (2.6%)