



HEALTH SCORE

60%

Chicken, butter bean & pepper stew



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tbsp olive oil



1 large onion chopped



2 celery stalks chopped



1 bell pepper diced yellow deseeded



1 bell pepper diced red deseeded



1 garlic clove crushed



2 tbsp paprika



400 g tomatoes chopped canned

- ☐ 150 ml chicken stock see
- ☐ 800 g shell beans drained and rinsed canned
- ☐ 8 chicken thighs skinless

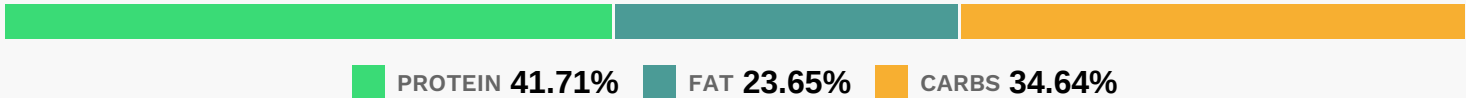
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a large flameproof casserole dish.
- ☐ Add the onion, celery and peppers, and fry for 5 mins.
- ☐ Add the garlic and paprika, and cook for a further 3 mins.
- ☐ Stir in the tomatoes, stock and butter beans, and season well. Bring to the boil, then nestle the chicken thighs into the sauce. Cover with a tight-fitting lid and put in the oven for 45 mins.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:10.65, Inflammation Score:-10, Nutrition Score:44.203912859378%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 545.33kcal (27.27%), Fat: 14.5g (22.31%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 47.77g (15.92%), Net Carbohydrates: 33.51g (12.18%), Sugar: 8.23g (9.14%), Cholesterol: 215.84mg (71.95%), Sodium: 1066.93mg (46.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.53g (115.07%), Vitamin C: 105.05mg (127.33%), Selenium: 62.15µg (88.78%), Vitamin B6: 1.63mg (81.3%), Vitamin B3: 15.92mg (79.6%), Phosphorus: 650.94mg

(65.09%), Vitamin A: 2945.79IU (58.92%), Fiber: 14.26g (57.06%), Manganese: 1.13mg (56.52%), Potassium: 1593mg (45.51%), Iron: 7.91mg (43.93%), Magnesium: 168.85mg (42.21%), Folate: 154.9µg (38.72%), Copper: 0.77mg (38.44%), Vitamin B5: 3.79mg (37.93%), Vitamin B2: 0.64mg (37.59%), Zinc: 5.41mg (36.04%), Vitamin B1: 0.46mg (30.43%), Vitamin E: 3.65mg (24.3%), Vitamin B12: 1.45µg (24.11%), Vitamin K: 18.97µg (18.07%), Calcium: 121.44mg (12.14%)