



WHATSheATE



Chicken casserole with red wine, ham & peppers



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



772 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 8 strips.
- ☐ 1 bell pepper red seeded quartered
- ☐ 1 bell pepper green seeded quartered
- ☐ 2 garlic clove finely chopped
- ☐ 1 leek trimmed sliced
- ☐ 225 g finely-chopped ham cooked cut into chunks

- ☐ 1 tsp paprika
- ☐ 300 ml red wine
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 tbsp tomato purée
- ☐ 2 sprigs thyme dried fresh
- ☐ 2 tbsp parsley fresh chopped

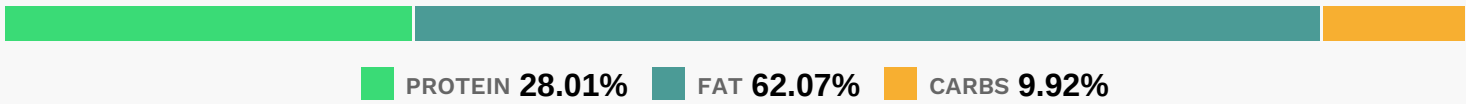
Equipment

- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Heat the oil in a large flameproof casserole and fry the chicken over a high heat until browned all over.
- ☐ Remove with a slotted spoon and set aside. Reduce the heat slightly and add the peppers. Cook for 2–3 mins, turning, until they brown.
- ☐ Add garlic and leek, cook for 2–3 mins, then stir in the ham.
- ☐ Sprinkle over the paprika, cook for a couple of secs, add the wine and bubble for a few mins. Tip in the tomatoes, pure and thyme and mix well.
- ☐ Pour in water to just cover the chicken, and season. Bring to a simmer, cover and transfer to the oven. Cook for 1 hr, until the sauce thickens and chicken is tender.
- ☐ Sprinkle over the parsley and serve with mash.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:3.86, Inflammation Score:-10, Nutrition Score:38.036956445031%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 4.2mg, Apigenin: 4.2mg, Apigenin: 4.2mg, Apigenin: 4.2mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 772kcal (38.6%), Fat: 49.45g (76.08%), Saturated Fat: 12.16g (75.99%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 13.79g (5.02%), Sugar: 8g (8.88%), Cholesterol: 262.54mg (87.51%), Sodium: 968.53mg (42.11%), Alcohol: 8.06g (100%), Alcohol %: 1.84% (100%), Protein: 50.22g (100.44%), Vitamin C: 90.65mg (109.88%), Selenium: 54.71µg (78.15%), Vitamin B3: 14.59mg (72.93%), Vitamin B6: 1.36mg (67.9%), Vitamin K: 69.04µg (65.75%), Phosphorus: 600.11mg (60.01%), Vitamin A: 2288.06IU (45.76%), Vitamin B1: 0.6mg (40.04%), Vitamin B12: 2.24µg (37.33%), Potassium: 1217.22mg (34.78%), Vitamin B2: 0.56mg (33.17%), Vitamin B5: 3.29mg (32.92%), Zinc: 4.7mg (31.36%), Manganese: 0.61mg (30.3%), Iron: 5.33mg (29.62%), Vitamin E: 3.82mg (25.44%), Magnesium: 101.03mg (25.26%), Copper: 0.45mg (22.47%), Fiber: 3.99g (15.95%), Folate: 58.15µg (14.54%), Calcium: 96.62mg (9.66%), Vitamin D: 0.23µg (1.51%)