



Chicken, chickpea & lemon casserole



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



253 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 175 g baby potatoes halved well (Charlotte would work)
- ☐ 1 medium onion thinly sliced
- ☐ 2 slices optional: lemon chopped
- ☐ 2 garlic clove roughly chopped
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground cinnamon
- ☐ 450 ml chicken stock see
- ☐ 1 large chicken thighs boneless skinless trimmed cut into cubes

- ☐ 0.5 chickpeas canned
- ☐ 1 handful cilantro leaves fresh chopped

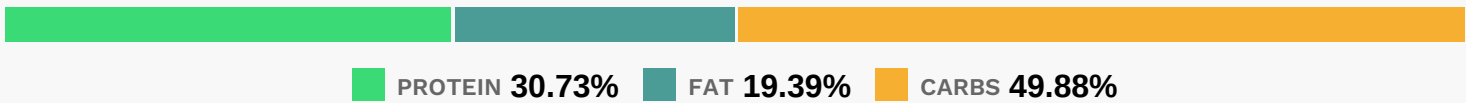
Equipment

- ☐ sauce pan

Directions

- ☐ Put the potatoes, onion, lemon and garlic into a casserole or heavy saucepan.
- ☐ Sprinkle over the ground spices and season lightly. Toss together then pour over the stock. Bring to the boil and simmer for 12 mins or until potatoes are tender.
- ☐ Add the chicken and chickpeas, cover the saucepan and simmer gently for a further 10–12 mins or until the chicken is cooked through. Check the seasoning and stir in the coriander.
- ☐ Serve with steamed green beans or broccoli.

Nutrition Facts



Properties

Glycemic Index:117, Glycemic Load:12.77, Inflammation Score:-6, Nutrition Score:16.100869531217%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg

Nutrients (% of daily need)

Calories: 253.11kcal (12.66%), Fat: 5.49g (8.44%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 27.77g (10.1%), Sugar: 6.91g (7.67%), Cholesterol: 60.52mg (20.17%), Sodium: 387.52mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.14%), Vitamin B3: 7.86mg (39.31%), Vitamin B6: 0.77mg (38.37%), Vitamin C: 27.08mg (32.82%), Selenium: 18.9µg (27%), Manganese: 0.54mg (26.88%), Potassium: 883.08mg (25.23%), Phosphorus: 246.02mg (24.6%), Vitamin B2: 0.35mg (20.52%), Vitamin B1: 0.24mg (16.2%),

Fiber: 3.99g (15.96%), Copper: 0.3mg (15.04%), Iron: 2.64mg (14.65%), Magnesium: 54.14mg (13.53%), Zinc: 1.65mg (11%), Vitamin B5: 1.05mg (10.53%), Folate: 40.83µg (10.21%), Vitamin K: 10.7µg (10.19%), Calcium: 66.13mg (6.61%), Vitamin B12: 0.36µg (6.03%), Vitamin A: 176.63IU (3.53%), Vitamin E: 0.32mg (2.11%)