



Chicken fricassée with new potatoes & asparagus



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp groundnut oil
- ☐ 4 back bacon rashers smoked lean chopped
- ☐ 6 fillet chicken breast skinless
- ☐ 700 g baby potatoes sliced
- ☐ 250 g asparagus spear whole trimmed diagonally sliced (keep tips)
- ☐ 225 ml cider fruity dry (or)
- ☐ 1 tbsp cornflour with a little water

- ☐ 250 ml carton soya dream
- ☐ 2 tbsp flatleaf parsley chopped

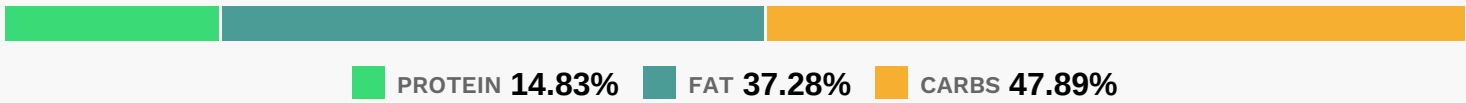
Equipment

- ☐ frying pan
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a large frying pan, then fry the bacon for 5 mins on a medium heat until golden.
- ☐ Remove with a slotted spoon and set aside.
- ☐ Add the chicken to the pan, then lightly fry for 4–5 mins to brown on both sides (you may need to brown the chicken in two batches if your pan is not large enough).
- ☐ Meanwhile, cook the potatoes in a pan of salted boiling water for 10 mins or until tender. Cook the asparagus in a steamer over the potatoes for 6–8 mins or microwave in a covered dish with 2 tbsp water for 4–5 mins.
- ☐ Pour the cider over the chicken, bring to the boil then reduce heat.
- ☐ Put the bacon back in the pan and simmer for 10–15 mins until the chicken is cooked through. Stir in the cornflour paste until lightly thickened, then add the Soya Dream and season. Stir in the drained vegetables and sprinkle with chopped parsley before serving.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:15.17, Inflammation Score:-6, Nutrition Score:13.719565398019%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 221.47kcal (11.07%), Fat: 8.88g (13.67%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 21.5g (7.82%), Sugar: 2.85g (3.17%), Cholesterol: 10.32mg (3.44%), Sodium: 170.14mg (7.4%), Alcohol: 1.87g (100%), Alcohol %: 1.03% (100%), Protein: 7.95g (15.9%), Vitamin K: 40.34µg (38.42%), Vitamin C: 27.01mg (32.74%), Vitamin B6: 0.55mg (27.27%), Vitamin B1: 0.37mg (24.86%), Vitamin B12: 1.28µg (21.25%), Vitamin B3: 4.03mg (20.12%), Potassium: 642.45mg (18.36%), Fiber: 4.18g (16.7%), Iron: 2.7mg (15.02%), Phosphorus: 141.35mg (14.14%), Manganese: 0.25mg (12.44%), Copper: 0.21mg (10.69%), Folate: 42.3µg (10.57%), Magnesium: 35.36mg (8.84%), Vitamin A: 429.76IU (8.6%), Vitamin B2: 0.14mg (8.1%), Selenium: 4.61µg (6.59%), Zinc: 0.92mg (6.11%), Vitamin E: 0.91mg (6.07%), Vitamin B5: 0.56mg (5.6%), Calcium: 26.56mg (2.66%)