



Chicken Ghiveci (Romanian Braised Chicken)

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots chopped
- 1 kg chicken
- 1 pinch rosemary dried
- 1 pinch thyme dried
- 0.5 cup wine dry white
- 5 garlic clove minced
- 3 tablespoons olive oil
- 1 medium onion thinly sliced

- 1 pinch pepper
- 2 large potatoes diced
- 2 bell pepper red deseeded sliced
- 1 pinch salt
- 1 pinch sugar
- 0.5 cup tomato paste

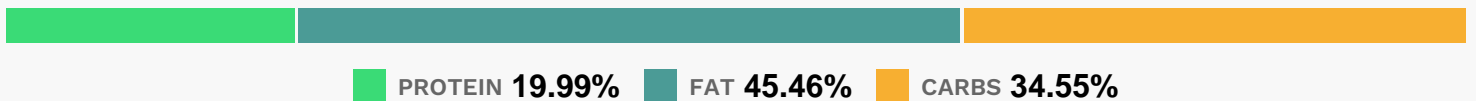
Equipment

- casserole dish
- wok

Directions

- heat oil in large wok or casserole pan until hot enough to cook.add onions and garlic stir frying 1 min until soft.add bell pepper and stir fry for 1 minute.add chicken cut ups and brown both sides 10–13 minutes.add rest of ingredients, stir fry for 1 min then cover and cook for 40–45 mins until the chicken looks cooked and there's no blood when pierced by a fork near the bones.garnish with thyme or rosemary (optional) and serve with bread or rice.

Nutrition Facts



Properties

Glycemic Index:112.92, Glycemic Load:28.74, Inflammation Score:-10, Nutrition Score:32.239565419114%

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: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 590.89kcal (29.54%), Fat: 29.23g (44.97%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 41.8g (15.2%), Sugar: 11.1g (12.35%), Cholesterol: 90mg (30%), Sodium: 390.52mg (16.98%), Alcohol: 3.09g (100%), Alcohol %: 0.78% (100%), Protein: 28.92g (57.83%), Vitamin C: 126.78mg (153.67%), Vitamin A: 7640.15IU (152.8%), Vitamin B6: 1.35mg (67.47%), Vitamin B3: 12.09mg (60.46%), Potassium: 1638.5mg (46.81%), Phosphorus: 354.32mg (35.43%), Manganese: 0.66mg (32.97%), Fiber: 8.18g (32.73%), Vitamin E: 4.45mg (29.68%), Selenium: 20.38µg (29.11%), Magnesium: 98.38mg (24.6%), Iron: 4.24mg (23.56%), Vitamin K: 23.49µg (22.37%), Copper: 0.43mg (21.28%), Vitamin B1: 0.31mg (20.98%), Vitamin B5: 2.03mg (20.27%), Folate: 80.36µg (20.09%), Vitamin B2: 0.34mg (19.93%), Zinc: 2.67mg (17.82%), Calcium: 81.54mg (8.15%), Vitamin B12: 0.37µg (6.2%), Vitamin D: 0.24µg (1.6%)