



Chicken in Garlic and Shallots



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 servings peppercorn black freshly ground
- ☐ 1 kg chicken - into pieces whole chopped
- ☐ 2 cups chicken stock see (I used Swanson clear chicken broth)
- ☐ 40 cloves garlic peeled (3 bulbs)
- ☐ 30 g parsley - stems and leaves separated coarsely chopped
- ☐ 3 servings salt
- ☐ 40 shallots peeled

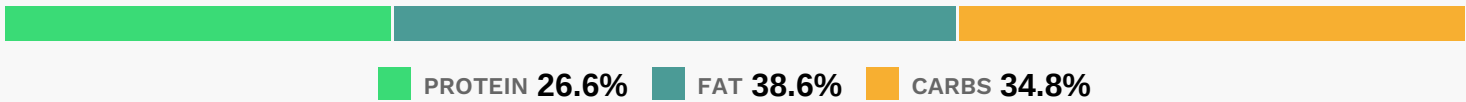
Equipment

☐ dutch oven

Directions

- ☐ Heat up a bit of oil in a dutch oven or large pot. Brown chicken pieces.
- ☐ Remove and leave aside for later use.

Nutrition Facts



Properties

Glycemic Index:41.33, Glycemic Load:17.54, Inflammation Score:-10, Nutrition Score:43.701738958773%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 802.44kcal (40.12%), Fat: 35.11g (54.02%), Saturated Fat: 9.91g (61.93%), Carbohydrates: 71.2g (23.73%), Net Carbohydrates: 59.11g (21.5%), Sugar: 27.4g (30.44%), Cholesterol: 173.13mg (57.71%), Sodium: 986.29mg (42.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.44g (108.88%), Vitamin K: 172.38µg (164.17%), Vitamin B6: 2.45mg (122.56%), Manganese: 1.9mg (95.06%), Vitamin B3: 16.85mg (84.24%), Vitamin C: 56.07mg (67.97%), Selenium: 43.01µg (61.44%), Phosphorus: 608.05mg (60.8%), Potassium: 1799.06mg (51.4%), Fiber: 12.09g (48.36%), Iron: 7.55mg (41.94%), Folate: 143.5µg (35.88%), Magnesium: 133.62mg (33.4%), Vitamin B5: 3.34mg (33.36%), Zinc: 5mg (33.3%), Vitamin B1: 0.46mg (30.57%), Copper: 0.57mg (28.68%), Vitamin B2: 0.49mg (28.63%), Calcium: 245.28mg (24.53%), Vitamin A: 1185.27IU (23.71%), Vitamin B12: 0.73µg (12.23%), Vitamin E: 0.99mg (6.62%), Vitamin D: 0.45µg (3.02%)