



 **89%**
HEALTH SCORE

Chicken Pot-au-Feu

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



110 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns black
- 1 bunch carrots trimmed halved lengthwise
- 1 cinnamon sticks
- 0.5 teaspoon coriander seeds
- 1 bunch parsley fresh
- 1 pound winter greens (such as Swiss chard or kale)
- 4 servings kosher salt
- 3 small leeks peeled halved lengthwise

- 6 cups chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin
- 4 servings pepper freshly ground
- 2 pounds skin-on bone-in
- 6 small turnips peeled halved lengthwise
- 0.5 teaspoon allspice whole

Equipment

- bowl
- frying pan
- ladle
- pot
- slotted spoon
- cutting board
- kitchen twine

Directions

- Tie half of the parsley together with twine.
- Place in a large pot over medium heat along with the broth, cinnamon stick, peppercorns, allspice, coriander and 1 1/2 teaspoons salt. Cover and simmer 10 minutes.
- Tie the leeks together with twine and add to the pot.
- Add the carrots, turnips and water to cover, if necessary. Bring to a boil, then reduce to a simmer and cook until the vegetables are tender, about 15 minutes.
- Transfer the vegetables to a bowl with a slotted spoon; untie the leeks.
- Add the chicken to the pot, cover and poach over low heat until firm, about 20 minutes.
- Transfer the chicken to a cutting board, reserving the broth; remove the skin and shred the meat.
- Heat the olive oil in a skillet over medium heat.
- Add the winter greens and cook until wilted, about 5 minutes.

- Add 1 cup of the reserved broth and cook until the greens are tender, about 5 more minutes. Season with salt.
- Strain the remaining broth, return to the pot and simmer 10 minutes. Meanwhile, chop the remaining half of the parsley. Season the broth with salt and pepper.
- Add the leeks, carrots and turnips and heat through, then divide among bowls along with the chicken and greens. Ladle the broth on top.
- Sprinkle with the chopped parsley.
- Photograph by Marcus Nilsson

Nutrition Facts



Properties

Glycemic Index:74.96, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:51.105217176935%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 8.78mg, Kaempferol: 8.78mg, Kaempferol: 8.78mg, Kaempferol: 8.78mg Myricetin: 5.81mg, Myricetin: 5.81mg, Myricetin: 5.81mg, Myricetin: 5.81mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 512.47kcal (25.62%), Fat: 15.98g (24.59%), Saturated Fat: 3.04g (19%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 26.43g (9.61%), Sugar: 11.96g (13.29%), Cholesterol: 145.15mg (48.38%), Sodium: 946.93mg (41.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.54g (121.07%), Vitamin K: 1224.49µg (1166.18%), Vitamin A: 23529.18IU (470.58%), Vitamin B3: 30.66mg (153.31%), Vitamin B6: 2.22mg (111.03%), Selenium: 75.17µg (107.39%), Vitamin C: 88.26mg (106.98%), Phosphorus: 724.89mg (72.49%), Manganese: 1.37mg (68.32%), Potassium: 2248.65mg (64.25%), Magnesium: 204.68mg (51.17%), Vitamin B5: 4.01mg (40.12%), Iron: 6.75mg (37.52%), Copper: 0.69mg (34.35%), Fiber: 8.52g (34.08%), Vitamin E: 4.92mg (32.83%), Vitamin B2: 0.55mg (32.32%), Folate: 119.68µg (29.92%), Vitamin B1: 0.34mg (22.55%), Calcium: 218mg (21.8%), Zinc: 2.81mg (18.73%), Vitamin B12: 0.81µg (13.46%), Vitamin D: 0.23µg (1.51%)