



Chicken stew



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion finely chopped
- ☐ 4 garlic clove sliced
- ☐ 1.4 l chicken stock see hot
- ☐ 1 large potatoes finely grated
- ☐ 1 tbsp thyme sprigs fresh
- ☐ 2 tsp rosemary leaves fresh
- ☐ 1700 g chicken thighs skinless (count the number in the pack- you need 16 in total)

- ☐ 6 carrots halved cut into chunks
- ☐ 2 parsnips halved cut into chunks
- ☐ 3 leek washed and thickly sliced well

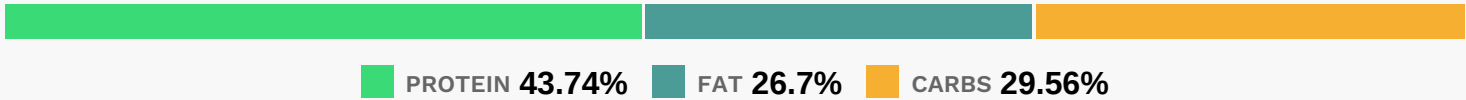
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the oil in your largest pan an extra-large wok with a lid is ideal. Fry the onion and garlic for a few mins until soft, then pour in the stock and stir in the potato and herbs.
- ☐ Add the chicken and bring to the boil. Stir in the carrots, parsnips and leeks, then cover the pan and leave to simmer on a low heat for 40–45 mins, stirring every now and then, until the chicken is tender. (Cool and freeze any extra portions, and use within 2 months thaw at room temperature, then reheat in a pan until bubbling.)
- ☐ Serve with mash and peas, if you like.

Nutrition Facts



Properties

Glycemic Index:39.57, Glycemic Load:11.78, Inflammation Score:-10, Nutrition Score:34.229130579078%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 444.8kcal (22.24%), Fat: 13.03g (20.04%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 27.24g (9.91%), Sugar: 9.09g (10.1%), Cholesterol: 207.2mg (69.07%), Sodium: 488.8mg

(21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.03g (96.05%), Vitamin A: 8303.7IU (166.07%), Vitamin B3: 16.06mg (80.29%), Selenium: 53.43µg (76.33%), Vitamin B6: 1.4mg (70.22%), Phosphorus: 534.13mg (53.41%), Potassium: 1285.59mg (36.73%), Vitamin K: 38.01µg (36.2%), Vitamin B2: 0.61mg (35.73%), Vitamin B5: 3.12mg (31.21%), Vitamin C: 25.66mg (31.1%), Manganese: 0.61mg (30.35%), Zinc: 4.05mg (26.99%), Vitamin B1: 0.39mg (25.68%), Magnesium: 95.97mg (23.99%), Vitamin B12: 1.36µg (22.67%), Folate: 84.01µg (21%), Fiber: 5.21g (20.83%), Iron: 3.72mg (20.66%), Copper: 0.39mg (19.35%), Vitamin E: 2.35mg (15.66%), Calcium: 88.7mg (8.87%)