



Chicken Stew from Teramo: Pollo Canzanese



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 1 handful peppercorns black crushed
- ☐ 2 small chickens cut into 8 pieces
- ☐ 0.8 cup cooking wine dry red
- ☐ 2 sprigs rosemary fresh
- ☐ 2 sage leaves fresh
- ☐ 3 cloves garlic sliced
- ☐ 0.5 bunch parsley italian finely chopped

- ☐ 2 pancetta finely chopped
- ☐ 1 small bell pepper red hot
- ☐ 1 tablespoon salt

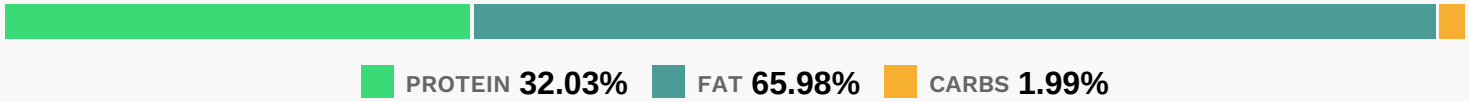
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Place the chicken in a large bowl and season with salt.
- ☐ Add cold water to cover and set aside for 30 minutes.
- ☐ Drain and rinse the chicken and pat dry with paper towels.
- ☐ Place in a large Dutch oven or flameproof casserole and add the sage, bay leaves, garlic, cloves, rosemary, peppercorns, red pepper, prosciutto, and wine. Cover and cook over medium-high heat for 35 minutes, stirring occasionally, until the chicken is almost tender.
- ☐ Remove the cover and cook to reduce the sauce by half and brown the chicken, about 15 minutes.
- ☐ Add wine or water if necessary to keep the pan from drying out.
- ☐ Serve, garnished with parsley.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:19.861304627327%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg

5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 439.5kcal (21.98%), Fat: 30.38g (46.74%), Saturated Fat: 8.7g (54.37%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.43g (0.48%), Cholesterol: 165.49mg (55.16%), Sodium: 1019.61mg (44.33%), Alcohol: 2.36g (100%), Alcohol %: 1.29% (100%), Protein: 33.18g (66.36%), Vitamin B3: 12.5mg (62.49%), Vitamin K: 59.1µg (56.29%), Vitamin A: 2204.32IU (44.09%), Vitamin B6: 0.66mg (33.08%), Selenium: 22.73µg (32.47%), Phosphorus: 324.32mg (32.43%), Vitamin B12: 1.9µg (31.66%), Vitamin C: 21.54mg (26.11%), Vitamin B5: 2.01mg (20.09%), Vitamin B2: 0.34mg (20.07%), Zinc: 2.55mg (16.98%), Iron: 2.95mg (16.37%), Folate: 59.47µg (14.87%), Potassium: 424.2mg (12.12%), Magnesium: 40.02mg (10%), Vitamin B1: 0.13mg (8.58%), Copper: 0.16mg (7.95%), Manganese: 0.11mg (5.51%), Calcium: 28.45mg (2.84%), Fiber: 0.38g (1.54%), Vitamin E: 0.18mg (1.22%)