



Chicken Stew with Carrots and Leeks

READY IN



80 min.

SERVINGS



6

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings baguette to pass at table
- 2 tablespoons butter
- 1 pound carrots peeled sliced
- 2 cups chicken stock see
- 0.5 cup cooking wine dry white
- 2 tablespoons evoo
- 1 bay leaf fresh
- 4 cloves garlic sliced chopped
- 8 ounces ham steak

- 0.5 juice of lemon
- 4 leeks washed and dried trimmed sliced
- 0.3 cup tarragon and parsley combined fresh chopped
- 6 servings salt and pepper
- 12 chicken thighs boneless skinless

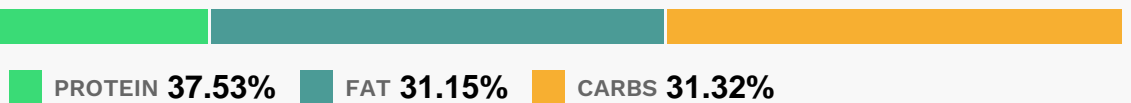
Equipment

- frying pan
- pot
- dutch oven

Directions

- Watch how to make this recipe.
- Sprinkle the chicken with salt and pepper.
- Heat a large deep skillet or Dutch oven over medium-high heat with the EVOO. Brown the chicken in batches, and remove to a plate.
- Add the ham to brown, then remove to a plate. Reduce the heat a bit, add the butter and when it foams, add the carrots, bay leaf and some salt and pepper. Cook partially covered for 5 minutes.
- Add the wine to deglaze the pan, then add in the garlic and leeks, cook for 2 minutes.
- Add the stock, then return the chicken and ham to the pot. Simmer partially covered to cook through and combine flavors, 30 minutes.
- Cool completely and store in the refrigerator for a make-ahead meal.
- To serve, reheat over medium heat, stir in the herbs and lemon juice. Pass bread at table.

Nutrition Facts



Properties

Glycemic Index:46.26, Glycemic Load:26.17, Inflammation Score:-10, Nutrition Score:44.37173926312%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 672.4kcal (33.62%), Fat: 22.45g (34.54%), Saturated Fat: 6.57g (41.09%), Carbohydrates: 50.8g (16.93%), Net Carbohydrates: 46.14g (16.78%), Sugar: 10.46g (11.62%), Cholesterol: 244.14mg (81.38%), Sodium: 1481.42mg (64.41%), Alcohol: 2.06g (100%), Alcohol %: 0.45% (100%), Protein: 60.87g (121.74%), Vitamin A: 14003.83IU (280.08%), Selenium: 70.73µg (101.04%), Vitamin B3: 19.77mg (98.83%), Vitamin K: 90.75µg (86.43%), Vitamin B6: 1.54mg (77.11%), Vitamin B1: 1mg (66.65%), Phosphorus: 659.97mg (66%), Vitamin B2: 0.82mg (48.26%), Manganese: 0.8mg (40.18%), Vitamin B5: 3.52mg (35.17%), Potassium: 1228.56mg (35.1%), Iron: 6.32mg (35.09%), Folate: 140.1µg (35.02%), Vitamin C: 28.87mg (35%), Zinc: 5.15mg (34.33%), Vitamin B12: 1.75µg (29.22%), Magnesium: 108.71mg (27.18%), Copper: 0.39mg (19.69%), Fiber: 4.67g (18.66%), Vitamin E: 2.47mg (16.44%), Calcium: 161.85mg (16.19%)