



Chicken Stew with Cider and Parsnips

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider
- 2 carrots cut into 1-inch pieces
- 1.5 cups chicken broth low-sodium homemade canned
- 4 skin-on chicken drumsticks
- 4 chicken thighs
- 2 tablespoons cooking oil
- 0.5 teaspoon thyme leaves dried
- 1 tablespoon flour

- 0.3 teaspoon fresh-ground pepper black
- 1 onion cut into thin slices
- 1 pound parsnips cut into 1-inch pieces
- 0.8 teaspoon salt

Equipment

- oven
- whisk
- pot
- dutch oven

Directions

- Heat the oven to 40
- In a large pot or Dutch oven, heat the oil over moderately high heat. Season the chicken thighs and drumsticks with 14 teaspoon of the salt and the pepper. Cook the chicken until browned, turning, about 8 minutes in all.
- Remove.
- Pour off all but 1 tablespoon of the fat from the pot.
- Reduce the heat to moderate and stir in the flour.
- Whisk in the cider and the broth and bring to a simmer, scraping the bottom of the pot to dislodge any brown bits.
- Add the onion, parsnips, carrots, thyme, and the remaining 12 teaspoon of salt. Simmer, partially covered, for 10 minutes.
- Return the chicken to the pot. Bring the stew back to a simmer, cover, and put in the preheated oven until the chicken is done and the vegetables are tender, about 15 minutes.
- Menu Suggestions: Simple boiled potatoes, egg noodles, or rice would be perfect for catching the stew's extra sauce.
- Wine Recommendation: A "comfort" wine will make this dish even more satisfying. A rustic red from the south of France, such as a Cahors or Minervois, is a good possibility.

Nutrition Facts



■ PROTEIN 24.18% ■ FAT 51.69% ■ CARBS 24.13%

Properties

Glycemic Index:68.4, Glycemic Load:12.97, Inflammation Score:-10, Nutrition Score:30.127826058346%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 587.07kcal (29.35%), Fat: 33.88g (52.13%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 28.45g (10.35%), Sugar: 13.85g (15.39%), Cholesterol: 180.39mg (60.13%), Sodium: 664.3mg (28.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.33%), Vitamin A: 5224.87IU (104.5%), Vitamin B3: 11.41mg (57.05%), Selenium: 38.74µg (55.34%), Phosphorus: 436.54mg (43.65%), Vitamin B6: 0.84mg (41.87%), Manganese: 0.83mg (41.42%), Vitamin K: 41.26µg (39.3%), Potassium: 1103.95mg (31.54%), Vitamin C: 23.71mg (28.73%), Fiber: 7.12g (28.5%), Vitamin B5: 2.77mg (27.67%), Zinc: 3.78mg (25.19%), Folate: 96.45µg (24.11%), Vitamin B2: 0.4mg (23.76%), Vitamin E: 3.52mg (23.47%), Vitamin B1: 0.31mg (20.51%), Vitamin B12: 1.23µg (20.47%), Magnesium: 80.65mg (20.16%), Copper: 0.32mg (16.12%), Iron: 2.57mg (14.26%), Calcium: 85.55mg (8.56%), Vitamin D: 0.19µg (1.26%)