



WHATSheATE



Chicken Stew with Lemon and Rosemary

READY IN



85 min.

SERVINGS



4

CALORIES



1104 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 carrots sliced into 1-inch bias cut 1 1/2 cups
- ☐ 4 rib celery cut into 1-inch bias cut 1 1/2 cups
- ☐ 2.5 cups chicken broth low-sodium homemade canned
- ☐ 8 chicken thighs
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 juice of lemon juiced
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons lemon zest finely grated

- ☐ 4 servings buttered noodles
- ☐ 0.8 cup pearl onions frozen thawed
- ☐ 2 sprigs rosemary
- ☐ 3 tablespoons butter unsalted softened
- ☐ 1 tablespoons vegetable oil

Equipment

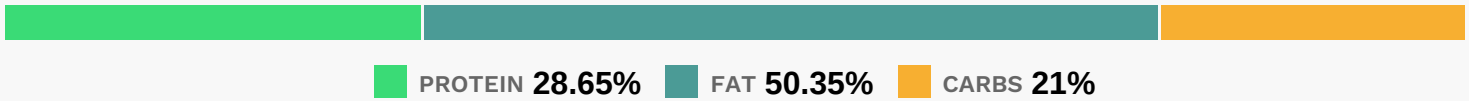
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Season the chicken generously with salt and pepper.
- ☐ Heat the oil and 1 tablespoon butter in a Dutch oven (12-inch diameter) over medium-high heat.
- ☐ Lay half of the chicken pieces skin-side down in the skillet. Cook the chicken, until golden-brown on both sides, turning once, about 8 minutes.
- ☐ Transfer to a plate. Repeat with remaining chicken.
- ☐ Reduce the heat to medium, add the carrots and celery, and cook until just tender, about 10 minutes.
- ☐ Add the rosemary, and cook until fragrant, about 1 minute more.
- ☐ Add the lemon juice, and scrape up any browned bits that cling to the pan with a wooden spoon.
- ☐ Add the broth, onions, lemon zest, and 1 teaspoon salt and bring just to a boil.

- ☐ Return the chicken skin-side up to the pot, taking care that the skin is just over the surface of the liquid, and then put the stew in the oven. Cook, uncovered, until the chicken is cooked through, tender, and lightly glazed and brown, about 40 minutes. Baste the chicken occasionally in the last 20 minutes of cooking. Meanwhile, use a fork to work the remaining 2 tablespoons butter into the 2 tablespoons flour to make a paste.
- ☐ Remove the stew from the oven.
- ☐ Remove and discard the rosemary and arrange all the vegetables and chicken (reserving the juices in the pan) in a serving dish/bowl.
- ☐ Place the Dutch oven over medium heat and whisk the butter/flour mixture into the juices until dissolved. Bring to a boil and simmer until thickened.
- ☐ Pour sauce over the chicken and serve immediately over buttered noodles.

Nutrition Facts



Properties

Glycemic Index:81.21, Glycemic Load:21.76, Inflammation Score:-10, Nutrition Score:35.32999980968%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg, Isorhamnetin: 2.22mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 1104.15kcal (55.21%), Fat: 60.94g (93.75%), Saturated Fat: 19.12g (119.52%), Carbohydrates: 57.19g (19.06%), Net Carbohydrates: 52.65g (19.14%), Sugar: 6.53g (7.25%), Cholesterol: 308.12mg (102.71%), Sodium: 1422.39mg (61.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.01g (156.03%), Vitamin A: 10864.55IU (217.29%), Selenium: 102.92µg (147.02%), Vitamin B3: 15.41mg (77.08%), Phosphorus: 700.89mg (70.09%), Vitamin B6: 1.24mg (62.23%), Zinc: 7.09mg (47.25%), Vitamin B12: 2.75µg (45.76%), Manganese: 0.74mg (36.86%), Vitamin B2: 0.53mg (31.32%), Potassium: 1064.56mg (30.42%), Vitamin B5: 2.8mg (28.03%), Magnesium: 110.76mg (27.69%), Iron: 4.41mg (24.48%), Vitamin K: 23.43µg (22.32%), Vitamin B1: 0.31mg (20.75%), Copper: 0.4mg (19.88%), Fiber: 4.55g (18.19%), Vitamin C: 11.14mg (13.5%), Vitamin E: 1.9mg (12.66%), Folate: 48.78µg (12.19%), Calcium: 84.83mg (8.48%), Vitamin D: 0.51µg (3.41%)