



Chicken Stew with Olives and Lemon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon capers minced drained
- 1.8 cups chicken broth
- 0.5 cup wine dry white
- 1 cup flat parsley finely chopped
- 2 tablespoons flour all-purpose
- 8 oz artichoke hearts frozen thawed quartered
- 2 large garlic clove minced
- 1 cup olive green pitted

- 1 juice of lemon grated
- 4 servings lemon wedges
- 2 tablespoons olive oil
- 1.5 teaspoons pepper black freshly ground plus more to taste
- 1 pound yukon gold potatoes scrubbed cut into 3/4-in. cubes
- 1 pound strips. dry rinsed
- 1 pound strips. dry rinsed

Equipment

- frying pan
- pot
- ziploc bags

Directions

- Cut each chicken thigh into 2 or 3 chunks. In a resealable plastic bag, combine flour, salt, and pepper.
- Add chicken, seal, and shake to coat.
- Heat oil in a large pot over medium-high heat.
- Add chicken (discard excess flour) in a single layer and cook, turning once, until browned, 4 to 5 minutes total.
- Transfer to a plate.
- Reduce heat to medium.
- Add garlic, capers, and lemon zest and stir just until fragrant, about 30 seconds.
- Add wine and simmer, scraping up browned bits from bottom of pan, until reduced by half, about 2 minutes.
- Add broth, potatoes, and chicken and return to a simmer. Lower heat slightly to maintain simmer, cover, and cook 10 minutes.
- Add artichokes to pot and stir. Cover and cook until potatoes are tender when pierced, 8 to 10 minutes. Stir in parsley, lemon juice to taste, and olives. Season with additional salt and pepper to taste.

Serve hot, with lemon wedges on the side.

Nutrition Facts

PROTEIN 22.56% **FAT 60.13%** **CARBS 17.31%**

Properties

Glycemic Index:73.31, Glycemic Load:17.08, Inflammation Score:-9, Nutrition Score:34.373913381411%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg, Kaempferol: 3.76mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 772.7kcal (38.63%), Fat: 50.62g (77.88%), Saturated Fat: 11.95g (74.7%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 26.05g (9.47%), Sugar: 2.18g (2.42%), Cholesterol: 224.32mg (74.77%), Sodium: 1182.02mg (51.39%), Alcohol: 3.09g (100%), Alcohol %: 0.65% (100%), Protein: 42.73g (85.46%), Vitamin K: 259.48µg (247.12%), Vitamin B3: 13.01mg (65.05%), Selenium: 45.18µg (64.54%), Vitamin B6: 1.23mg (61.25%), Vitamin C: 49.28mg (59.73%), Phosphorus: 483.91mg (48.39%), Potassium: 1250mg (35.71%), Vitamin A: 1672.45IU (33.45%), Folate: 129.61µg (32.4%), Vitamin B2: 0.52mg (30.76%), Manganese: 0.6mg (30.15%), Vitamin B5: 2.89mg (28.85%), Fiber: 6.75g (27.01%), Magnesium: 103.39mg (25.85%), Vitamin B1: 0.37mg (24.69%), Zinc: 3.69mg (24.6%), Vitamin B12: 1.47µg (24.53%), Iron: 4.29mg (23.85%), Vitamin E: 2.98mg (19.84%), Copper: 0.38mg (18.86%), Calcium: 95.77mg (9.58%), Vitamin D: 0.23µg (1.51%)