



## Chicken Stew with Olives and Lemon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

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

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

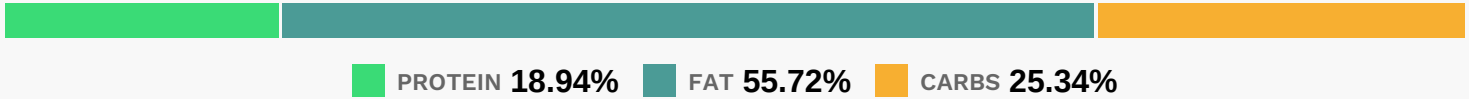
## Equipment

- ☐ 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



## Properties

Glycemic Index:73.31, Glycemic Load:17.08, Inflammation Score:-9, Nutrition Score:27.096956408542%

## 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: 524.36kcal (26.22%), Fat: 31.79g (48.9%), Saturated Fat: 6.87g (42.96%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 25.77g (9.37%), Sugar: 2.18g (2.42%), Cholesterol: 113.19mg (37.73%), Sodium: 1094.7mg (47.6%), Alcohol: 3.09g (100%), Alcohol %: 0.8% (100%), Protein: 24.32g (48.63%), Vitamin K: 257.1µg (244.86%), Vitamin C: 49.28mg (59.73%), Vitamin B6: 0.84mg (41.8%), Vitamin B3: 7.74mg (38.72%), Selenium: 23.98µg (34.25%), Vitamin A: 1584IU (31.68%), Folate: 126.2µg (31.55%), Phosphorus: 304.74mg (30.47%), Manganese: 0.58mg (29.24%), Potassium: 1017.54mg (29.07%), Fiber: 6.75g (27.01%), Vitamin B2: 0.37mg (21.95%), Magnesium: 81.85mg (20.46%), Iron: 3.53mg (19.63%), Vitamin B1: 0.29mg (19.09%), Vitamin E: 2.74mg (18.26%), Vitamin B5: 1.73mg (17.33%), Copper: 0.32mg (15.97%), Zinc: 2.27mg (15.15%), Vitamin B12: 0.75µg (12.44%), Calcium: 86.69mg (8.67%)