



WHATSheATE



## Chicken Stew with Onions, Tomatoes, and Dijon



Gluten Free



Dairy Free



Popular

READY IN



85 min.

SERVINGS



4

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 head garlic whole
- ☐ 4 servings olive oil extra virgin
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 pound meat from a rotisserie chicken whole cut into 8 serving pieces (2 breasts, wings, thighs, legs)
- ☐ 2 pounds onions red
- ☐ 28 ounce canned tomatoes whole peeled drained canned
- ☐ 1 tablespoon thyme or dried fresh

- ☐ 2 bay leaves
- ☐ 1 pinch chile powder
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 tablespoons old-fashioned seed dijon mustard whole (or)

## Equipment

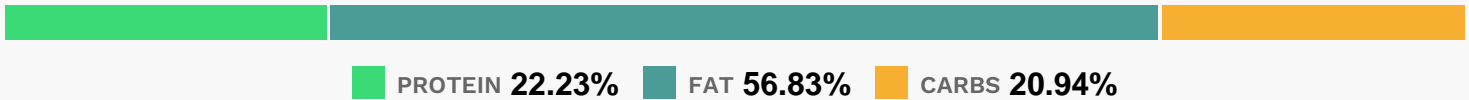
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ dutch oven
- ☐ tongs

## Directions

- ☐ Preheat oven to 400°F.
- ☐ Roast garlic:
- ☐ Remove the papery outer layers of the garlic bulb, leaving intact the skins of the individual cloves.
- ☐ Cut 1/4 to a 1/2 inch off the tops of cloves, exposing the individual garlic cloves.
- ☐ Place the head of garlic on a piece of aluminum foil.
- ☐ Drizzle some olive oil over the garlic, and sprinkle it with salt and pepper.
- ☐ Wrap the head of garlic with the aluminum foil and place in the oven.
- ☐ Bake for 45 minutes, or until the flesh of the cloves are light brown and feel quite soft when pressed. Set aside to cool. (See how to roast garlic.)
- ☐ Brown the chicken pieces: While the garlic is roasting, heat a tablespoon of olive oil in a large, heavy-bottomed pot (with lid) or Dutch oven, on medium high heat. Rinse the chicken pieces in cold water then pat dry with paper towels. Season liberally with salt and pepper.

- ☐ Brown the chicken pieces, starting them skin-side down, cooking them a few minutes on each side, working in batches so that you don't crowd the pan.
- ☐ Cook onions until soft: While the chicken is browning, peel and quarter the onions.
- ☐ Remove chicken from pan when nicely golden with tongs or a slotted spoon and set aside on a plate. Discard any fat and oil beyond about 1 Tbsp left in the pan.
- ☐ Put the onions in the pot and cook them until softened, stirring frequently, about 5 minutes.
- ☐ Add the tomatoes to the pot, the thyme, bay leaves, and ground chile powder.
- ☐ Put the chicken pieces on top of the tomatoes.
- ☐ Pour in the wine and bring to a simmer.
- ☐ Cover and cook on medium-low heat for 40 minutes, stirring from time to time so that the vegetables don't stick.
- ☐ Crush roasted garlic: After the garlic has cooled enough to handle, squeeze out the roasted garlic from the cloves into a small bowl and crush with a fork.
- ☐ Sprinkle with salt and pepper to taste. Set aside to serve with the chicken stew.
- ☐ Add mustard, thicken sauce: When the chicken has cooked, add the mustard to the pot and stir to blend. Increase the heat to medium-high and cook uncovered for 10 more minutes, or until the sauce is thick enough to cling to the meat.
- ☐ Remove bay leaves. Salt and pepper to taste.
- ☐ Serve stew over rice or pasta, with the garlic paste on the side.

## Nutrition Facts



## Properties

Glycemic Index:18, Glycemic Load:5.41, Inflammation Score:-10, Nutrition Score:29.865652115449%

## 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 Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg

Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 47.16mg, Quercetin: 47.16mg, Quercetin: 47.16mg, Quercetin: 47.16mg

Nutrients (% of daily need)

Calories: 671.02kcal (33.55%), Fat: 42.18g (64.9%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 27.58g (10.03%), Sugar: 15.18g (16.87%), Cholesterol: 122.47mg (40.82%), Sodium: 605.46mg (26.32%), Alcohol: 2.06g (100%), Alcohol %: 0.41% (100%), Protein: 37.12g (74.25%), Vitamin B3: 13.3mg (66.48%), Selenium: 43.08µg (61.55%), Vitamin B6: 1.2mg (60.02%), Vitamin C: 41.14mg (49.87%), Manganese: 0.9mg (45.12%), Phosphorus: 428.28mg (42.83%), Iron: 6.15mg (34.14%), Vitamin K: 35.36µg (33.67%), Potassium: 1125.05mg (32.14%), Fiber: 7.39g (29.54%), Vitamin E: 4.41mg (29.39%), Magnesium: 113.74mg (28.44%), Vitamin B1: 0.38mg (25.21%), Vitamin B2: 0.4mg (23.71%), Zinc: 3.47mg (23.16%), Folate: 85.38µg (21.34%), Vitamin B5: 2.12mg (21.17%), Copper: 0.39mg (19.4%), Calcium: 187.72mg (18.77%), Vitamin A: 517.02IU (10.34%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)