



Chicken & white bean stew



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 400 g chicken thighs boneless skinless trimmed cut into chunks
- ☐ 1 onion finely chopped
- ☐ 3 carrots finely chopped
- ☐ 3 celery stalks finely chopped
- ☐ 2 thyme sprigs dried
- ☐ 1 bay leaf fresh
- ☐ 600 ml chicken stock see

- ☐ 800 g turtle beans drained canned
- ☐ 4 servings parsley chopped

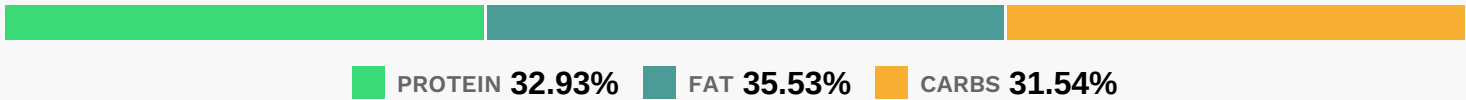
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large pan, add the chicken, then fry until lightly browned.
- ☐ Add the veg, then fry for a few mins more. Stir in the herbs and stock. Bring to the boil. Stir well, reduce the heat, then cover and cook for 40 mins, until the chicken is tender.
- ☐ Stir the beans into the pan, then simmer for 5 mins. Stir in the parsley and serve with crusty bread.

Nutrition Facts



Properties

Glycemic Index:51.71, Glycemic Load:4.78, Inflammation Score:-10, Nutrition Score:29.165217213009%

Flavonoids

Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg, Apigenin: 8.72mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 339.86kcal (16.99%), Fat: 13.52g (20.8%), Saturated Fat: 2.24g (14.03%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 22g (8%), Sugar: 5.81g (6.46%), Cholesterol: 99.56mg (33.19%), Sodium: 355.95mg (15.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.38%), Vitamin A: 8047.84IU (160.96%), Vitamin K: 76.21µg (72.58%), Vitamin C: 53.26mg (64.56%), Folate: 232.96µg (58.24%), Vitamin B3: 8.54mg (42.71%), Selenium: 26.15µg (37.35%), Phosphorus: 331.67mg (33.17%), Vitamin B6: 0.64mg (32.1%), Potassium: 1042.46mg (29.78%), Magnesium: 94.49mg (23.62%), Vitamin E: 3.45mg (22.98%), Iron: 3.87mg (21.48%), Vitamin B2: 0.35mg (20.49%), Fiber: 5.01g (20.02%), Zinc: 2.75mg (18.31%), Copper: 0.32mg (15.97%), Vitamin B5: 1.38mg (13.84%), Calcium: 133.94mg (13.39%), Vitamin B1: 0.19mg (12.69%), Vitamin B12: 0.64µg (10.67%), Manganese: 0.14mg

(6.85%)