



 **37%**
HEALTH SCORE

Chicken With Tomatoes and Bacon

 **Gluten Free**

READY IN



100 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 250 g mushrooms quartered
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- 8 skin-on chicken drumsticks
- 1 teaspoon chicken powder
- 1 teaspoon chipotle sauce

- 1 teaspoon basil dried
- 1 teaspoon fennel seeds
- 4 servings feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 1 sprig thyme sprigs fresh
- 2 garlic clove minced
- 2 tablespoons cooking oil
- 0.5 cup olives pitted chopped
- 2 medium onion chopped
- 1 sprig oregano fresh
- 0.5 teaspoon pepper
- 1 cup red wine
- 0.7 cup tomato paste
- 880 g tomatoes chopped
- 1 cup water

Equipment

- frying pan

Directions

- Heat the oil in a large pan, add the onions, garlic, bacon and mushrooms and cook until softened—about 10 minutes.
- Remove to a plate and add the chicken pieces to the pan. Brown well on all sides.
- Remove from the pan and add the tomato paste to the pan. Cook, stirring for a couple of minutes, then add the wine, tomatoes water, brown sugar, stock powder and fresh and dry herbs and spices and bring to the boil stirring. Return the chicken and bacon vegetable mix to the sauce, cover and simmer for about 1 hour, or until chicken is tender. About 15 minutes before serving, remove the lid and stir the olives through. With the lid off, increase the heat and allow to thicken to a nice sauce consistency. Just before serving, stir the fresh parsley through. We ate this over penne pasta, with feta cheese crumbled on top.

Nutrition Facts

PROTEIN 24.94% FAT 52.72% CARBS 22.34%

Properties

Glycemic Index:90, Glycemic Load:7.97, Inflammation Score:-10, Nutrition Score:44.85347841097%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg, Apigenin: 8.17mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 710.54kcal (35.53%), Fat: 40.23g (61.9%), Saturated Fat: 11.73g (73.34%), Carbohydrates: 38.37g (12.79%), Net Carbohydrates: 30.09g (10.94%), Sugar: 22.87g (25.41%), Cholesterol: 180.59mg (60.2%), Sodium: 1403.44mg (61.02%), Alcohol: 6.36g (100%), Alcohol %: 1% (100%), Protein: 42.82g (85.64%), Vitamin K: 101.7µg (96.86%), Vitamin B3: 16.06mg (80.29%), Selenium: 53.25µg (76.08%), Vitamin B2: 1.19mg (69.77%), Vitamin C: 52.38mg (63.49%), Vitamin A: 3111.86IU (62.24%), Phosphorus: 621.17mg (62.12%), Vitamin B6: 1.23mg (61.58%), Potassium: 1987.6mg (56.79%), Copper: 0.89mg (44.35%), Vitamin B5: 4.24mg (42.43%), Manganese: 0.78mg (39.1%), Zinc: 5.64mg (37.58%), Vitamin E: 5.55mg (36.97%), Fiber: 8.28g (33.13%), Vitamin B1: 0.48mg (32.03%), Magnesium: 116.51mg (29.13%), Iron: 5.11mg (28.38%), Calcium: 269.1mg (26.91%), Vitamin B12: 1.5µg (25.02%), Folate: 93.27µg (23.32%), Vitamin D: 0.61µg (4.06%)