



 **26%**
HEALTH SCORE

Dinner Tonight: Chicken Casserole with Morels, Fava Beans, and Spring Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



654 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bay leaves
- 3.5 pounds chicken
- 1 cup chicken stock see
- 2 cups avarakkai / broad beans fresh shelled (3 pounds in their pods)
- 3 tablespoons chives fresh minced
- 1 sprig thyme sprigs fresh
- 16 garlic clove unpeeled

- 0.5 pound baby potatoes scrubbed cut in half (golf ball size)
- 1 tablespoons olive oil
- 4 servings salt and pepper
- 8 small shallots peeled halved

Equipment

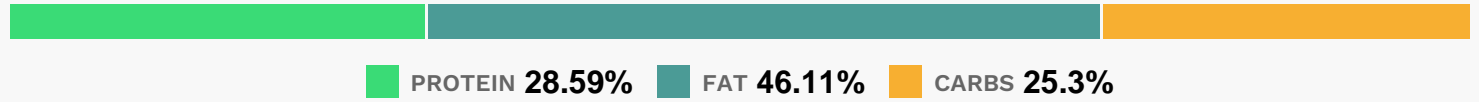
- frying pan
- sauce pan
- oven
- roasting pan
- colander

Directions

- Preheat the oven 425°.
- Cut the chicken into 10 pieces. You'll end up with two legs, two thighs, two wings, and two breasts cut in half crosswise.
- Pour one quart of water into a saucepan set over high heat. When boiling, add the shelled fava beans. Cook for one minute, and then drain in a colander. Rinse under cold water to cool.
- Remove the tough outer skins of all of the fava beans. Discard the skins. Set the fava beans aside.
- Pour the 1 ½ teaspoons of olive oil into a large skillet set over high heat. When shimmering, add the morels, and a pinch of salt and pepper. Cook, stirring often, until tender, about 2 minutes.
- Pour in the chicken stock, and boil for three minutes. Turn off the heat and set skillet aside.
- Pour the remaining one tablespoon of oil into a large cast-iron pan or large roasting pan. Season chicken pieces with salt and pepper. Turn heat to high, and when oil is shimmering, add the chicken pieces skin side down. Cook pieces until golden brown, five to seven minutes.
- Flip each piece of chicken, and then add the garlic cloves, bay leaf, chopped thyme, potatoes, shallots, and a pinch of salt and pepper. Stir well, and then transfer to the oven and cook for 15 minutes. Stir every five minutes or so.

- Pour in the morels and chicken stock, stir again, and cook until the chicken is completely cooked, 25 to 30 minutes.
- Remove from the oven, and set back over a burner. Turn heat to medium and add the fava beans and half the chives. Cook until everything is incorporated, about three minutes.
- Serve chicken pieces with the potatoes and fava beans.
- Garnish with the rest of the chives.

Nutrition Facts



Properties

Glycemic Index:72.94, Glycemic Load:17.46, Inflammation Score:-8, Nutrition Score:27.133043641629%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 654.18kcal (32.71%), Fat: 33.43g (51.44%), Saturated Fat: 8.98g (56.13%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 33.49g (12.18%), Sugar: 7.03g (7.82%), Cholesterol: 144.68mg (48.23%), Sodium: 428.8mg (18.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.65g (93.31%), Vitamin B3: 15.31mg (76.55%), Vitamin B6: 1.26mg (62.88%), Phosphorus: 484.77mg (48.48%), Selenium: 33.46µg (47.8%), Manganese: 0.84mg (42.13%), Folate: 131.78µg (32.95%), Potassium: 1113.07mg (31.8%), Fiber: 7.79g (31.15%), Vitamin C: 24.06mg (29.16%), Zinc: 3.96mg (26.4%), Magnesium: 104.97mg (26.24%), Iron: 4.47mg (24.85%), Copper: 0.49mg (24.51%), Vitamin B2: 0.4mg (23.56%), Vitamin B5: 2.26mg (22.6%), Vitamin B1: 0.32mg (21.27%), Vitamin K: 14.02µg (13.36%), Calcium: 103.83mg (10.38%), Vitamin B12: 0.59µg (9.84%), Vitamin A: 396.84IU (7.94%), Vitamin E: 1.15mg (7.67%), Vitamin D: 0.38µg (2.54%)