



## Easy Greek Chicken Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons anchovy paste finely chopped
- 1 teaspoons pepper black
- 2 tablespoons thyme leaves dried
- 2 ounces feta cheese crumbled
- 10 garlic cloves minced
- 2 cups cut green beans (1-inch) ()
- 29 ounce no-salt-added tomatoes diced undrained canned
- 1 tablespoon olive oil

- 2 cups onion chopped ( 1 large)
- 6 cups potatoes red cubed ( ) ( 2 pounds)
- 1 pound skinned
- 0.3 cup water

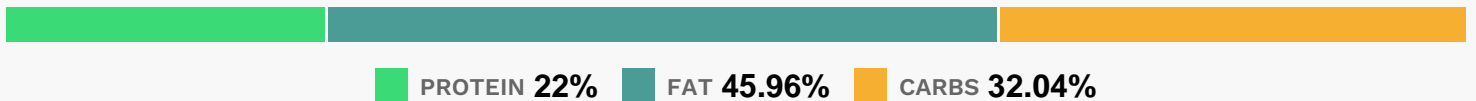
## Equipment

- oven
- dutch oven

## Directions

- Preheat oven to 37
- Heat olive oil in a large Dutch oven over medium heat.
- Add the onion, and saut for 3 minutes.
- Add the thyme, pepper, and garlic; saut 1 minute. Increase heat to medium-high.
- Add potato; saut 8 minutes or until potato begins to brown. Stir in green beans, water, anchovy paste, and tomatoes.
- Remove mixture from heat. Nestle chicken thighs into potato mixture. Top with feta cheese. Cover and bake at 375 for 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:3.64, Inflammation Score:-10, Nutrition Score:32.109565361686%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 18.6mg, Quercetin: 18.6mg, Quercetin: 18.6mg, Quercetin: 18.6mg

## Nutrients (% of daily need)

Calories: 514.34kcal (25.72%), Fat: 26.99g (41.52%), Saturated Fat: 7.83g (48.92%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 34.49g (12.54%), Sugar: 11.64g (12.93%), Cholesterol: 130.55mg (43.52%), Sodium: 593.1mg (25.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.14%), Vitamin K: 74.14µg (70.61%), Vitamin B6: 1.16mg (58.18%), Vitamin C: 44.76mg (54.25%), Vitamin B3: 10.41mg (52.04%), Manganese: 0.92mg (45.78%), Selenium: 31.46µg (44.94%), Potassium: 1468.94mg (41.97%), Phosphorus: 415.16mg (41.52%), Iron: 7.44mg (41.33%), Vitamin B2: 0.54mg (31.89%), Fiber: 7.84g (31.35%), Vitamin B1: 0.4mg (26.89%), Magnesium: 106.15mg (26.54%), Calcium: 265.3mg (26.53%), Copper: 0.5mg (24.99%), Vitamin B5: 2.19mg (21.92%), Folate: 84.81µg (21.2%), Zinc: 3.17mg (21.11%), Vitamin E: 2.85mg (18.97%), Vitamin B12: 1.04µg (17.26%), Vitamin A: 860.33IU (17.21%), Vitamin D: 0.31µg (2.04%)