



French-style chicken with peas & bacon



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bacon smoked chopped
- ☐ 8 chicken thighs boneless skinless
- ☐ 2 garlic clove thinly sliced
- ☐ 1 bunch spring onion roughly chopped
- ☐ 300 ml chicken stock see hot
- ☐ 250 g peas frozen
- ☐ 1 lettuce shredded
- ☐ 2 tbsp crème fraîche

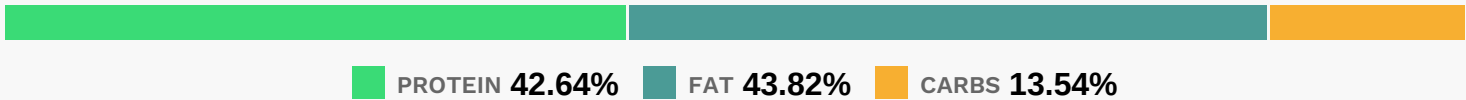
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large frying pan, dry-fry the bacon over a medium heat for 3 mins until the fat is released and the bacon is golden.
- ☐ Transfer the bacon to a small bowl, leaving the fat in the pan.
- ☐ Add the chicken and brown for 4 mins each side.
- ☐ Push the chicken to one side of the pan and tip in the garlic and spring onions, cooking for about 30 secs, just until the spring onion stalks are bright green.
- ☐ Pour in the chicken stock, return the bacon to the pan, cover and simmer for 15 mins.
- ☐ Increase heat under the pan. Tip the peas and lettuce into the sauce and cook for 4 mins, covered, until the peas are tender and the lettuce has just wilted. Check chicken is cooked through. Stir in the crme frache just before serving.

Nutrition Facts



Properties

Glycemic Index:34.58, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:33.260434311369%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 519.46kcal (25.97%), Fat: 24.92g (38.34%), Saturated Fat: 7.64g (47.73%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 11.96g (4.35%), Sugar: 7.76g (8.62%), Cholesterol: 242.3mg (80.77%), Sodium: 548.07mg (23.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.56g (109.12%), Selenium: 61.11µg (87.31%), Vitamin

B3: 16.67mg (83.36%), Vitamin B6: 1.33mg (66.34%), Vitamin K: 67.22µg (64.02%), Phosphorus: 594.21mg (59.42%),
Vitamin C: 30.58mg (37.06%), Vitamin B2: 0.62mg (36.71%), Vitamin B1: 0.55mg (36.67%), Zinc: 4.97mg (33.13%),
Vitamin B5: 3.12mg (31.16%), Potassium: 1071.5mg (30.61%), Vitamin B12: 1.62µg (27.07%), Vitamin A: 1320.64IU
(26.41%), Manganese: 0.5mg (24.99%), Folate: 96.79µg (24.2%), Magnesium: 91.22mg (22.8%), Fiber: 5.37g (21.47%),
Iron: 3.69mg (20.52%), Copper: 0.34mg (16.79%), Calcium: 77.25mg (7.72%), Vitamin E: 0.95mg (6.35%)