



Gluten-Free Braised Chicken with Fennel and White Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



1404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons vegetable oil
- 2.5 lb irish oats whole skinless
- 0.3 teaspoon coarse salt (kosher or sea)
- 0.1 teaspoon pepper
- 1 small onion cut into thin wedges
- 2 large cloves garlic finely chopped
- 1 fennel bulb cored thinly sliced quartered

- 1 medium bell pepper yellow cut into bite-size strips
- 28 oz canned tomatoes whole organic peeled undrained canned
- 0.5 cup wine dry white (from 32-oz carton)
- 1 tablespoon rosemary leaves fresh chopped
- 1 can cannellini beans rinsed drained (15)
- 1 serving parsley fresh italian chopped (flat-leaf)

Equipment

- bowl
- frying pan

Directions

- In deep 12-inch skillet, heat oil over medium-high heat.
- Sprinkle chicken with salt and pepper.
- Add chicken pieces to skillet; cook 5 to 6 minutes, turning occasionally, until chicken is light golden brown.
- Remove chicken from skillet.
- Add onion, garlic, fennel and bell pepper to skillet. Cook 2 to 3 minutes, stirring constantly, until vegetables are crisp-tender.
- Add chicken, tomatoes, wine and rosemary; break up tomatoes.
- Heat to boiling. Reduce heat; cover and simmer 20 to 25 minutes, turning chicken once, until chicken is tender.
- Stir in beans. Cook uncovered about 5 minutes longer or until sauce is slightly thickened and juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks).
- Serve in shallow bowls; sprinkle with parsley.

Nutrition Facts



PROTEIN 15.92% FAT 19.66% CARBS 64.42%

Properties

Glycemic Index:67.25, Glycemic Load:96.2, Inflammation Score:-8, Nutrition Score:30.530000085416%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 1404.48kcal (70.22%), Fat: 30.86g (47.48%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 227.58g (75.86%), Net Carbohydrates: 186.61g (67.86%), Sugar: 8.39g (9.33%), Cholesterol: 0mg (0%), Sodium: 468.78mg (20.38%), Alcohol: 3.09g (100%), Alcohol %: 0.53% (100%), Protein: 56.26g (112.52%), Fiber: 40.97g (163.87%), Vitamin C: 83.27mg (100.93%), Iron: 17.75mg (98.64%), Vitamin K: 81.15µg (77.29%), Manganese: 0.96mg (48.1%), Potassium: 1239.21mg (35.41%), Calcium: 328.09mg (32.81%), Folate: 116.49µg (29.12%), Magnesium: 97.51mg (24.38%), Copper: 0.48mg (23.92%), Vitamin E: 3.4mg (22.69%), Vitamin B6: 0.44mg (21.87%), Phosphorus: 187.75mg (18.77%), Vitamin B1: 0.22mg (14.83%), Zinc: 1.77mg (11.83%), Vitamin B3: 2.26mg (11.29%), Vitamin B2: 0.19mg (11.1%), Vitamin A: 469.76IU (9.4%), Vitamin B5: 0.68mg (6.76%), Selenium: 2.79µg (3.98%)