



# Gluten-Free Braised Chicken with Fennel and White Beans

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 can cannellini beans rinsed drained (15)
- 28 oz canned tomatoes whole organic peeled undrained canned
- 2.5 lb chicken whole skinless
- 0.5 cup wine dry white (from 32-oz carton)
- 0.3 teaspoon coarse salt (kosher or sea)
- 1 fennel bulb cored thinly sliced quartered
- 1 tablespoon rosemary leaves fresh chopped

- 2 large cloves garlic finely chopped
- 1 small onion cut into thin wedges
- 4 servings parsley fresh italian chopped (flat-leaf)
- 0.1 teaspoon pepper
- 3 tablespoons vegetable oil
- 1 medium bell pepper yellow cut into bite-size strips

## 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 (170F for breasts; 180F for thighs and drumsticks).
- Serve in shallow bowls; sprinkle with parsley.

## Nutrition Facts



PROTEIN 24.54%  FAT 47.97%  CARBS 27.49%

## Properties

Glycemic Index:53, Glycemic Load:7.35, Inflammation Score:-9, Nutrition Score:34.65913034522%

## 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: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

## Nutrients (% of daily need)

Calories: 603.84kcal (30.19%), Fat: 31.54g (48.52%), Saturated Fat: 7.63g (47.69%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 30.78g (11.19%), Sugar: 8.42g (9.36%), Cholesterol: 102.06mg (34.02%), Sodium: 565.72mg (24.6%), Alcohol: 3.09g (100%), Alcohol %: 0.66% (100%), Protein: 36.3g (72.6%), Vitamin K: 132.39µg (126.09%), Vitamin C: 89.44mg (108.41%), Vitamin B3: 11.55mg (57.76%), Manganese: 0.99mg (49.64%), Vitamin B6: 0.92mg (45.82%), Potassium: 1513.02mg (43.23%), Iron: 7.43mg (41.27%), Fiber: 9.88g (39.52%), Phosphorus: 389.52mg (38.95%), Folate: 129.21µg (32.3%), Selenium: 22.39µg (31.98%), Magnesium: 126.22mg (31.56%), Copper: 0.55mg (27.41%), Vitamin E: 3.83mg (25.56%), Zinc: 3.59mg (23.93%), Vitamin B2: 0.35mg (20.87%), Calcium: 205.45mg (20.55%), Vitamin B1: 0.31mg (20.45%), Vitamin B5: 1.93mg (19.26%), Vitamin A: 912.99IU (18.26%), Vitamin B12: 0.42µg (7.03%), Vitamin D: 0.27µg (1.81%)