



## Herb-Roasted Chicken-and-Bean Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 bay leaves divided
- 0.5 teaspoon pepper black divided
- 1 cup carrots diced
- 0.8 pound skin-on chicken drumsticks
- 0.8 pound chicken thighs
- 1 pound pinto beans dried
- 0.5 cup flat-leaf parsley fresh chopped
- 2 garlic cloves minced

- 3 garlic cloves halved
- 0.3 teaspoon ground cinnamon divided
- 0.3 cup italian-seasoned breadcrumbs
- 2 tablespoons olive oil divided
- 1 cup onion chopped
- 1.3 teaspoons salt divided
- 1 tablespoon teaspoon thyme dried fresh divided chopped
- 2 quarts water

## Equipment

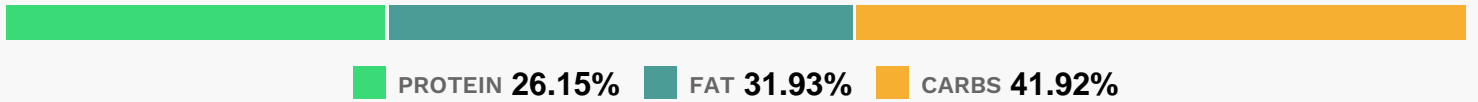
- bowl
- frying pan
- oven
- broiler
- dutch oven
- colander

## Directions

- Sort and wash beans, and place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil, and cook 2 minutes.
- Remove from heat; cover and let stand 1 hour.
- Drain beans, and discard liquid.
- Combine beans, 2 quarts water, 1 1/2 teaspoons thyme, garlic halves, and 2 bay leaves in a Dutch oven; bring to a boil. Partially cover, reduce heat, and simmer 1 hour or until almost tender.
- Drain bean mixture in a colander over a bowl, reserving 2 cups liquid. Discard 2 bay leaves.
- Preheat oven to 35
- Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.

- Add chicken; cook 4 minutes, browning on all sides.
- Remove chicken from skillet.
- Add 1 1/2 teaspoons thyme, carrot, onion, 1/8 teaspoon cinnamon, and minced garlic; saut 5 minutes or until tender.
- Layer half of beans in the bottom of the Dutch oven.
- Add the carrot mixture, chicken, and remaining beans.
- Add the reserved 2 cups cooking liquid, 1 teaspoon salt, 1/4 teaspoon pepper, and 2 bay leaves. Cover and bake at 350 for 1 1/2 hours or until chicken and beans are tender, spooning cooking liquid over beans occasionally.
- Remove from oven; discard bay leaves.
- Preheat broiler.
- Combine 1 tablespoon olive oil, 1/8 teaspoon cinnamon, chopped parsley, and breadcrumbs, and toss the parsley mixture well.
- Sprinkle the parsley mixture over the chicken and beans. Broil for 2 minutes or until chicken is lightly browned.
- Note: Each serving provides 405 micrograms of folate.

## Nutrition Facts



## Properties

Glycemic Index:41.31, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:37.757825804793%

## Flavonoids

Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg, Apigenin: 10.81mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

## Nutrients (% of daily need)

Calories: 531.56kcal (26.58%), Fat: 19.07g (29.34%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 56.33g (18.78%), Net Carbohydrates: 35.8g (13.02%), Sugar: 2.59g (2.88%), Cholesterol: 90.58mg (30.19%), Sodium: 696.28mg (30.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Folate: 484.86µg

(121.22%), Vitamin K: 93.28µg (88.84%), Vitamin A: 4122.69IU (82.45%), Fiber: 20.53g (82.14%), Vitamin B1: 0.74mg (49.2%), Manganese: 0.95mg (47.7%), Phosphorus: 469.23mg (46.92%), Selenium: 29.75µg (42.5%), Potassium: 1378.43mg (39.38%), Magnesium: 153.17mg (38.29%), Copper: 0.76mg (38.18%), Vitamin B6: 0.67mg (33.42%), Vitamin B3: 6.33mg (31.65%), Iron: 5.49mg (30.47%), Zinc: 4.52mg (30.11%), Vitamin B2: 0.36mg (21.19%), Vitamin B5: 1.71mg (17.09%), Calcium: 157.74mg (15.77%), Vitamin C: 12.74mg (15.45%), Vitamin B12: 0.6µg (9.92%), Vitamin E: 1.07mg (7.13%)