



Homemade Chicken Ragout



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 pieces meat from a rotisserie chicken
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 small russet potatoes diced
- ☐ 1 cup onion diced white finely

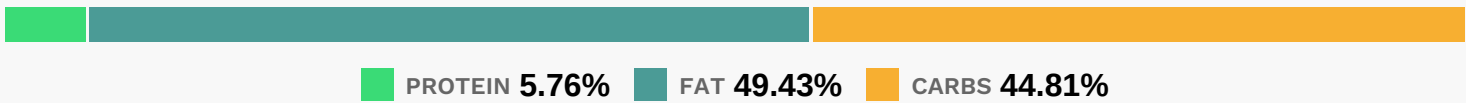
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat olive oil into 3 quart or larger sautee pan. Salt and pepper chicken pieces then carefully add them to hot pan. Brown on both sides, about 5 minutes per side.
- ☐ Transfer partially cooked chicken to a plate or some tin foil. With oil and browned bits still in pan, add potatoes, season lightly with salt and pepper then and onions, stirring until potatoes are browned and onions softened. Stir in garlic and cook for 1 minute.
- ☐ Add crushed tomatoes, stirring to combine then add partially cooked chicken sitting in sauce and potatoes.
- ☐ Place in oven and bake for 50–60 minutes until chicken is tender and cooked through.
- ☐ Remove and serve with chicken and sauce or over top cooked pasta.

Nutrition Facts



Properties

Glycemic Index:43.44, Glycemic Load:19.33, Inflammation Score:-4, Nutrition Score:7.8808695815666%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 244.49kcal (12.22%), Fat: 13.82g (21.26%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 25.73g (9.35%), Sugar: 2.53g (2.81%), Cholesterol: 0.75mg (0.25%), Sodium: 300.33mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin B6: 0.54mg (27.07%), Potassium: 609.86mg (17.42%), Manganese: 0.34mg (16.78%), Vitamin C: 11.49mg (13.93%), Vitamin E: 1.97mg (13.15%), Vitamin K: 10.87µg (10.35%), Fiber: 2.45g (9.81%), Phosphorus: 89.51mg (8.95%), Vitamin B1: 0.13mg (8.78%), Magnesium: 34.75mg (8.69%), Copper: 0.16mg (8.06%), Iron: 1.35mg (7.49%), Vitamin B3: 1.46mg (7.32%),

Folate: 25.65µg (6.41%), Vitamin B5: 0.47mg (4.68%), Vitamin B2: 0.06mg (3.45%), Calcium: 33.99mg (3.4%), Zinc: 0.5mg (3.33%), Selenium: 1.43µg (2.04%)