



Italian chicken with ham, basil & beans



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs bone in skinless
- ☐ 8 slices pancetta
- ☐ 2 tbsp olive oil
- ☐ 2 heads garlic whole
- ☐ 800 g tomatoes red yellow good (a mix of smaller and tomatoes looks)
- ☐ 175 ml cooking wine dry white
- ☐ 400 g cannellini beans beans white rinsed drained canned
- ☐ 1 large bunch basil

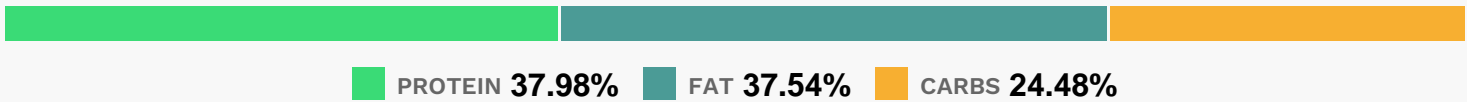
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Season the chicken thighs all over with salt and freshly ground black pepper. Pinch off 8 sprigs from the basil (about 3 leaves each per sprig) and lay one on top of each chicken thigh. Wrap each thigh in a piece of ham, with the ends tucked underneath.
- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Heat the oil in a large roasting tin over two of the burners on the hob.
- ☐ Add the chicken and fry for about 4 mins or until the ham is just crisped and the chicken is lightly golden. Turn and repeat.
- ☐ Meanwhile, cut the garlic bulbs in half around the middle and halve the tomatoes if small, quarter them if theyre big. Pick the leaves from the rest of the basil. Once the chicken has browned on both sides, add all of the tomatoes, half of the basil and the wine. Season then cover with foil and leave to cook slowly in the oven for 40 mins.
- ☐ Take out of the oven and turn the heat up to 220C/fan 200C/gas
- ☐ Remove the foil from the pan and stir the beans into the tomatoey juices. Return to the oven, uncovered, for 30 mins until the tomatoes, chicken and garlic are starting to crisp around the edges and the chicken is very tender. Just before serving, tear the remaining basil roughly then stir through or scatter over the pan.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:6.57, Inflammation Score:-7, Nutrition Score:33.260434573111%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 573.07kcal (28.65%), Fat: 22.63g (34.81%), Saturated Fat: 5.36g (33.47%), Carbohydrates: 33.21g (11.07%), Net Carbohydrates: 26.68g (9.7%), Sugar: 0.86g (0.96%), Cholesterol: 204.36mg (68.12%), Sodium: 343.3mg (14.93%), Alcohol: 4.57g (100%), Alcohol %: 0.99% (100%), Protein: 51.51g (103.03%), Selenium: 53.76µg (76.8%), Vitamin B3: 14.67mg (73.36%), Vitamin B6: 1.34mg (66.81%), Phosphorus: 598.05mg (59.8%), Manganese: 1.1mg (54.92%), Potassium: 1595.1mg (45.57%), Zinc: 5.2mg (34.68%), Iron: 6.13mg (34.04%), Folate: 135.38µg (33.85%), Magnesium: 133.06mg (33.26%), Vitamin B2: 0.53mg (31.1%), Vitamin B5: 3.05mg (30.49%), Copper: 0.61mg (30.31%), Vitamin B1: 0.44mg (29.11%), Vitamin C: 22.73mg (27.55%), Fiber: 6.53g (26.1%), Vitamin B12: 1.39µg (23.09%), Vitamin K: 21.75µg (20.71%), Vitamin E: 2.26mg (15.07%), Calcium: 147.1mg (14.71%), Vitamin A: 161.64IU (3.23%)