



## Ivory Coast Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



1 bay leaf



0.5 teaspoon pepper black freshly ground



2 pounds chicken breast halves



2 pounds chicken leg quarters



1 tablespoon ginger fresh grated peeled



5 garlic cloves minced



1.5 teaspoons jalapeno seeded finely chopped



3 pounds onion coarsely chopped

- ☐ 5 cups plum tomatoes   seeded chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup water

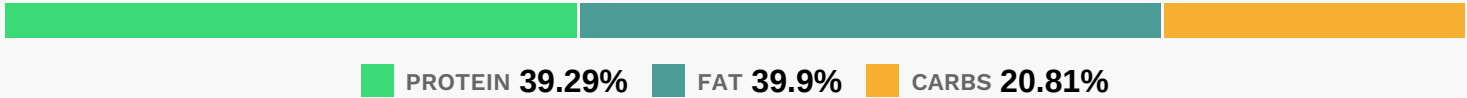
## Equipment

- ☐ frying pan
- ☐ dutch oven

## Directions

- ☐ Combine all ingredients in a large Dutch oven. Cover and bring to a simmer over medium heat. Reduce heat to medium-low; cook 1 hour or until chicken is done, gently shaking the pan every 10 minutes. Discard bay leaf.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:27.275217507197%

## Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg, Isorhamnetin: 8.52mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 35.47mg, Quercetin: 35.47mg, Quercetin: 35.47mg, Quercetin: 35.47mg

## Nutrients (% of daily need)

Calories: 439.14kcal (21.96%), Fat: 19.44g (29.9%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 18.02g (6.55%), Sugar: 11.17g (12.42%), Cholesterol: 167.04mg (55.68%), Sodium: 512.61mg (22.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.06g (86.12%), Vitamin B3: 17.41mg (87.06%), Selenium: 55.45µg (79.21%), Vitamin B6: 1.53mg (76.58%), Phosphorus: 478.87mg (47.89%), Vitamin C: 35.95mg (43.58%), Potassium: 1231.22mg (35.18%), Vitamin B5: 2.95mg (29.54%), Vitamin A: 1356.07IU (27.12%), Manganese: 0.47mg (23.62%), Magnesium: 82.59mg (20.65%), Fiber: 4.78g (19.14%), Vitamin B1: 0.28mg (18.76%), Vitamin B2: 0.32mg (18.7%), Zinc: 2.43mg (16.23%), Folate: 62.38µg (15.59%), Vitamin K: 15.02µg (14.31%), Vitamin B12: 0.84µg (14.06%), Copper: 0.25mg (12.4%), Iron: 1.88mg (10.45%), Vitamin E: 1.29mg (8.59%), Calcium: 72.66mg (7.27%), Vitamin D:

0.21µg (1.4%)