



One-pan summer chicken



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pasilla peppers red
- ☐ 1 large handfuls basil leaves
- ☐ 1 plump garlic clove sliced
- ☐ 2 plum tomatoes halved
- ☐ 2 chicken leg quarters
- ☐ 2 tbsp olive oil extra-virgin
- ☐ 410 g shell beans drained and rinsed canned

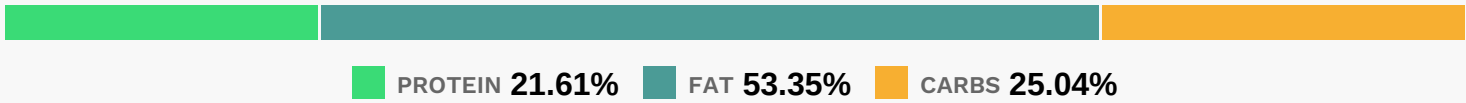
Equipment

☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Cut the peppers in half lengthways and scoop out the seeds and white membrane, but try to keep the stalk attached. Stuff each pepper half with basil (but dont use it all), the garlic and a tomato half.
- ☐ Snuggle the stuffed pepper halves alongside the chicken in a roasting tin.
- ☐ Drizzle the oil over everything and season with pepper and salt, if using. Roast the chicken and the peppers for 25–30 mins until the chicken is golden with crisp skin, and the peppers and tomatoes have softened and wrinkled. Lift the chicken and the stuffed peppers onto a plate, tipping the peppers so that the tasty juice drains into the roasting tin.
- ☐ Place the tin over a low flame and pour in a splash of water.
- ☐ Add the beans and stir well to release any sticky bits from the roasting tray. Stir the remaining basil through the beans and spoon them alongside the chicken and peppers.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:9.73, Inflammation Score:-10, Nutrition Score:35.474347568077%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 646.61kcal (32.33%), Fat: 38.84g (59.76%), Saturated Fat: 8.57g (53.57%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 27.9g (10.15%), Sugar: 6.65g (7.38%), Cholesterol: 141.61mg (47.2%), Sodium: 808.48mg (35.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.41g (70.82%), Vitamin C: 161.37mg (195.6%), Vitamin A: 4381.57IU (87.63%), Vitamin B6: 1.1mg (54.87%), Fiber: 13.12g (52.49%), Selenium: 36.58µg (52.26%), Manganese: 1mg (50.1%), Vitamin B3: 8.79mg (43.97%), Phosphorus: 428.4mg (42.84%), Folate: 171.26µg

(42.81%), Potassium: 1152.89mg (32.94%), Magnesium: 129.2mg (32.3%), Iron: 5.48mg (30.43%), Vitamin E: 4.54mg (30.26%), Copper: 0.51mg (25.3%), Vitamin B5: 2.44mg (24.41%), Zinc: 3.56mg (23.75%), Vitamin K: 24.29µg (23.14%), Vitamin B2: 0.38mg (22.08%), Vitamin B1: 0.31mg (20.67%), Vitamin B12: 0.92µg (15.41%), Calcium: 72.88mg (7.29%)