



One-Pot Chicken and Vegetables



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 Teaspoon pepper black freshly ground
- ☐ 4 carrots peeled cut into 2-inch pieces
- ☐ 4 celery ribs peeled cut into 2-inch pieces
- ☐ 2 Cloves garlic peeled
- ☐ 8 Sprigs parsley
- ☐ 4 parsnips yellow peeled quartered cut into 2-inch pieces
- ☐ 8 potatoes red scrubbed halved

- ☐ 8 cups vegetable broth low-sodium
- ☐ 1 meat from a rotisserie chicken whole
- ☐ 1 onion yellow halved sliced

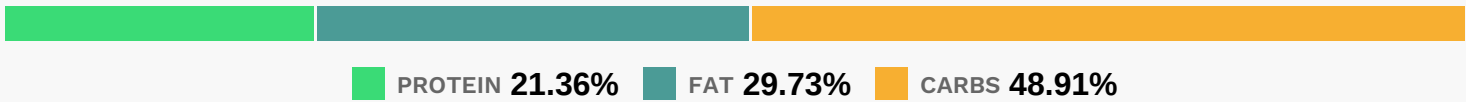
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Remove inside packet of innards from chicken, if included, and discard or reserve for another use.
- ☐ Place chicken, onion, garlic, celery, carrots, beets and potatoes in a Dutch oven or stockpot large enough to hold the chicken and vegetables together.
- ☐ Add broth, 2 cups water, parsley, bay leaves and pepper. Bring to a simmer over medium-high heat.Reduce heat to maintain a simmer and cook, uncovered, making sure the chicken is submerged (add more water if needed), for 45 to 50 minutes or until chicken is tender and juices run clear when pierced with a fork and vegetables are tender.
- ☐ Remove chicken from pot and set aside until cool enough to handle.Carve chicken into pieces and serve with vegetables and broth.

Nutrition Facts



Properties

Glycemic Index:41.97, Glycemic Load:8.83, Inflammation Score:-10, Nutrition Score:36.331304301386%

Flavonoids

Apigenin: 2.95mg, Apigenin: 2.95mg, Apigenin: 2.95mg, Apigenin: 2.95mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 595.93kcal (29.8%), Fat: 19.97g (30.72%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 73.93g (24.64%), Net Carbohydrates: 61.1g (22.22%), Sugar: 12.73g (14.14%), Cholesterol: 95.22mg (31.74%), Sodium: 182.19mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.56%), Vitamin A: 7118.66IU (142.37%), Vitamin B3: 13.08mg (65.38%), Vitamin C: 49.96mg (60.56%), Potassium: 2096.17mg (59.89%), Vitamin K: 61.63µg (58.7%), Manganese: 1.12mg (56%), Vitamin B6: 1.11mg (55.73%), Fiber: 12.82g (51.29%), Phosphorus: 455.9mg (45.59%), Folate: 142.27µg (35.57%), Magnesium: 125.94mg (31.49%), Selenium: 21.85µg (31.22%), Copper: 0.6mg (29.91%), Vitamin B1: 0.44mg (29.22%), Vitamin B5: 2.72mg (27.2%), Iron: 4.11mg (22.85%), Zinc: 3.37mg (22.47%), Vitamin B2: 0.32mg (19.11%), Vitamin E: 2.24mg (14.93%), Calcium: 102.57mg (10.26%), Vitamin B12: 0.39µg (6.56%), Vitamin D: 0.25µg (1.69%)