



One-pot chicken with braised vegetables

 Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



925 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg chicken
- ☐ 25 g butter
- ☐ 200 g canadian bacon smoked whole cut into small chunks
- ☐ 1 kg baby potatoes peeled
- ☐ 16 small shallots
- ☐ 0.5 bottle wine
- ☐ 250 g pea-mond dressing frozen fine
- ☐ 1 bunch herbs like: thym green soft chopped

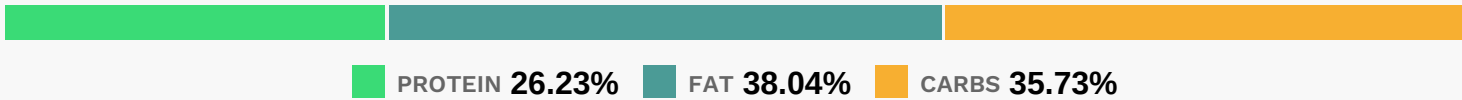
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Season the chicken inside and out with salt and pepper.
- ☐ Heat the butter in a casserole dish until sizzling, then take 10 mins to brown the chicken on all sides.
- ☐ Remove the chicken from the dish, then fry the bacon until crisp.
- ☐ Add the potatoes and shallots, then cook until just starting to brown. Nestle the chicken among the veg, pour over the wine, then pot-roast, undisturbed, for 1 hr or until the chicken is cooked.
- ☐ After 1 hr, remove the chicken and place the pan back on the heat. Stir the peas into the buttery juices, adding a splash of water if the pan is dry, then simmer until the peas are cooked through. Finally, add any juices from the rested chicken, then stir through the herbs and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:72.44, Glycemic Load:40.09, Inflammation Score:-9, Nutrition Score:41.765217594478%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 924.65kcal (46.23%), Fat: 36.33g (55.89%), Saturated Fat: 12.25g (76.56%), Carbohydrates: 76.78g (25.59%), Net Carbohydrates: 63.99g (23.27%), Sugar: 12.79g (14.21%), Cholesterol: 173.44mg (57.81%), Sodium: 652.46mg (28.37%), Alcohol: 9.66g (100%), Alcohol %: 1.64% (100%), Protein: 56.36g (112.73%), Vitamin B6: 2.02mg (101.01%), Vitamin B3: 18.62mg (93.12%), Vitamin C: 60.74mg (73.62%), Phosphorus: 705.59mg (70.56%), Potassium: 2146.41mg (61.33%), Selenium: 42.09µg (60.14%), Vitamin B1: 0.88mg (58.36%), Manganese: 1.15mg (57.49%), Folate: 219.29µg (54.82%), Fiber: 12.79g (51.18%), Magnesium: 166.9mg (41.73%), Iron: 7mg (38.87%), Zinc: 5.12mg (34.12%), Vitamin B5: 3.24mg (32.38%), Copper: 0.65mg (32.29%), Vitamin B2: 0.45mg (26.71%), Vitamin K: 18.42µg (17.55%), Vitamin B12: 0.9µg (15.06%), Calcium: 119.28mg (11.93%), Vitamin D: 1.76µg (11.73%), Vitamin A: 532.06IU (10.64%), Vitamin E: 1.05mg (6.97%)