



Poached Chicken

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 servings bay leaves fresh
- 1.5 teaspoons peppercorns black (half a palm full)
- 2 skin-on chicken breasts bone-in
- 8 skin-on chicken thighs bone-in
- 2 carrots peeled quartered
- 4 ribs celery coarsely chopped
- 4 cloves garlic crushed
- 6 servings kosher salt

- 1 optional: lemon sliced
- 2 onions with root attached peeled quartered
- 3 sprigs oregano fresh
- 1 Handful parsley fresh
- 3 sprigs rosemary fresh
- 3 sprigs thyme leaves fresh

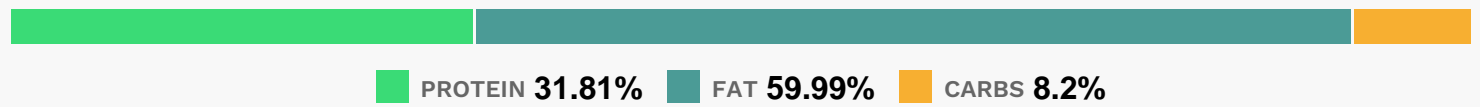
Equipment

- knife
- pot
- stove
- kitchen twine

Directions

- Tie the parsley, oregano, rosemary and thyme with kitchen twine to create an herb bundle.
- Place the chicken, celery, carrots, onions, herb bundle, garlic, lemon, peppercorns and bay leaves in your biggest pot, and cover with water – hopefully 3 to 4 quarts. Bring to a low boil, reduce the heat and simmer 1 hour and 15 minutes.
- Remove the chicken, strain the stock and return to stove top. Season the stock with salt. Bone and skin the chicken and shred the meat with a knife or tines of 2 large forks.
- Combine the light and dark meat,;

Nutrition Facts



Properties

Glycemic Index:45.89, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:27.041738769282%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg,

Naringenin: 0.11mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 571.45kcal (28.57%), Fat: 37.99g (58.45%), Saturated Fat: 10.34g (64.64%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.32g (3.02%), Sugar: 3.4g (3.78%), Cholesterol: 227.38mg (75.79%), Sodium: 418.89mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.32g (90.65%), Vitamin A: 3918.97IU (78.38%), Vitamin B3: 15.39mg (76.93%), Selenium: 46.84µg (66.92%), Vitamin B6: 1.15mg (57.68%), Phosphorus: 445.23mg (44.52%), Vitamin K: 33.67µg (32.07%), Vitamin B5: 2.68mg (26.84%), Manganese: 0.51mg (25.38%), Vitamin B12: 1.44µg (23.97%), Potassium: 790.61mg (22.59%), Vitamin B2: 0.36mg (21.46%), Zinc: 3.18mg (21.22%), Vitamin C: 17.32mg (21%), Iron: 3.32mg (18.46%), Magnesium: 70.22mg (17.55%), Vitamin B1: 0.23mg (15.44%), Fiber: 3.36g (13.45%), Copper: 0.2mg (9.92%), Folate: 37.21µg (9.3%), Calcium: 92.73mg (9.27%), Vitamin E: 1.01mg (6.72%), Vitamin D: 0.43µg (2.89%)