

food
network

Potted Chicken



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon pepper black
- ☐ 1 cup chicken stock see
- ☐ 3 chickens broken down into parts whole
- ☐ 2 teaspoons coriander
- ☐ 1 bulb fennel sliced
- ☐ 2 cloves garlic chopped
- ☐ 2 juice of orange juiced

- ☐ 4 tablespoons olive oil
- ☐ 1 onion sliced
- ☐ 2 teaspoons salt
- ☐ 6 tomatoes ripe chopped

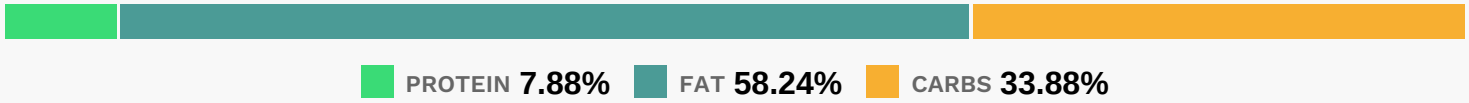
Equipment

- ☐ oven

Directions

- ☐ Heat 1 tablespoon of olive oil in casserole and brown chicken, set aside.
- ☐ Saute onions and garlic and cover with browned chicken. Cover with fennel, tomatoes, and remaining ingredients. Cover tightly and place in a preheated 350 degree oven for 2 hours.
- ☐ Remove from casserole and serve.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:3.57, Inflammation Score:-7, Nutrition Score:10.398260837016%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 150.59kcal (7.53%), Fat: 10.24g (15.76%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 10.25g (3.73%), Sugar: 7.87g (8.74%), Cholesterol: 1.49mg (0.49%), Sodium: 860.37mg (37.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin C: 33.3mg (40.37%), Vitamin K: 40.67µg (38.73%), Vitamin A: 1124.64IU (22.49%), Potassium: 572.43mg (16.36%), Manganese: 0.31mg (15.27%), Vitamin E: 2.26mg (15.09%), Fiber: 3.15g (12.61%), Folate: 40.67µg (10.17%), Vitamin B6: 0.19mg (9.38%), Vitamin B3: 1.76mg

(8.81%), Copper: 0.14mg (7.24%), Phosphorus: 71.71mg (7.17%), Magnesium: 26.78mg (6.69%), Vitamin B1: 0.09mg (6.18%), Iron: 0.91mg (5.06%), Vitamin B2: 0.08mg (4.91%), Calcium: 43.25mg (4.33%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.41mg (2.74%), Selenium: 1.54µg (2.21%)