



HEALTH SCORE

68%

Poule au pot with stuffing balls & garlic cream



Very Healthy

READY IN



160 min.

SERVINGS



6

CALORIES



1002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg chicken
- ☐ 300 ml wine
- ☐ 1 onion whole peeled
- ☐ 3 cloves
- ☐ 1 bouquet garnic (tied bundle of herbs)
- ☐ 2 garlic clove
- ☐ 12 small potatoes
- ☐ 4 carrots cut into 5cm lengths

- ☐ 2 turnip cut into wedges
- ☐ 3 leek cut into 5cm lengths
- ☐ 6 servings parsley roughly chopped
- ☐ 200 g ground pork lean minced
- ☐ 100 g bacon cut into dice
- ☐ 100 g chicken livers finely chopped
- ☐ 2 tbsp olive oil
- ☐ 2 shallots diced
- ☐ 2 garlic clove crushed
- ☐ 1 eggs beaten
- ☐ 1 handful parsley chopped
- ☐ 100 g breadcrumbs fresh white
- ☐ 3 garlic clove whole
- ☐ 200 ml crème fraîche

Equipment

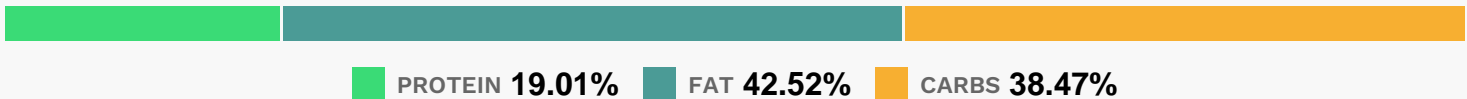
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put the chicken in a flameproof casserole dish and pour over 600ml water and the wine. Stud the onion with the cloves.

- ☐ Add to the pan with the bouquet garni, garlic and seasoning, then bring to the boil. Cover and put in the oven for 1 hrs.
- ☐ To make the garlic cream, simmer the unpeeled garlic cloves in a small pan of water for 30 mins until soft. When cool enough to handle, squeeze out into a bowl and mash with salt and pepper. Stir in the crme frache and tip into a bowl, then keep in the fridge until needed.
- ☐ For the stuffing, mix the meats in a bowl.
- ☐ Heat the oil in a small pan and gently fry the shallots and garlic until softened but not browned.
- ☐ Add to the bowl with the egg, parsley, breadcrumbs, seasoning, then mix well. Shape into 18 balls and put in a shallow baking tray.
- ☐ Remove chicken after 1 hrs and put it on the hob on medium heat.
- ☐ Place the stuffing in the oven for 25–30 mins until browned and crisp.
- ☐ Add the vegetables to the chicken pot. Cook for 25–30 mins, then lift out the chicken to a plate and keep the veg warm in the stock.
- ☐ Remove chickens skin, and break the flesh into chunks. Put on a warm platter with the stuffing and the veg.
- ☐ Add a ladle of cooking stock and the parsley.
- ☐ Serve the rest of the cooking juices in a jug.

Nutrition Facts



Properties

Glycemic Index:76.93, Glycemic Load:49.2, Inflammation Score:-10, Nutrition Score:56.67695640481%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 10.14mg, Apigenin: 10.14mg, Apigenin: 10.14mg, Apigenin: 10.14mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 1002.16kcal (50.11%), Fat: 45.93g (70.65%), Saturated Fat: 14.78g (92.36%), Carbohydrates: 93.48g (31.16%), Net Carbohydrates: 80.79g (29.38%), Sugar: 12.12g (13.46%), Cholesterol: 228.9mg (76.3%), Sodium: 461.54mg (20.07%), Alcohol: 5.22g (100%), Alcohol %: 0.83% (100%), Protein: 46.2g (92.39%), Vitamin A: 10389.25IU (207.79%), Vitamin K: 130.58µg (124.37%), Vitamin C: 99.21mg (120.25%), Vitamin B6: 2.13mg (106.57%), Vitamin B3: 17.64mg (88.2%), Manganese: 1.44mg (71.82%), Selenium: 48.23µg (68.9%), Potassium: 2363.48mg (67.53%), Phosphorus: 644.22mg (64.42%), Vitamin B1: 0.96mg (63.94%), Folate: 247.24µg (61.81%), Vitamin B12: 3.64µg (60.73%), Iron: 10.32mg (57.33%), Vitamin B2: 0.88mg (51.5%), Fiber: 12.68g (50.73%), Magnesium: 167mg (41.75%), Vitamin B5: 4.13mg (41.3%), Copper: 0.75mg (37.47%), Zinc: 4.94mg (32.93%), Calcium: 251.8mg (25.18%), Vitamin E: 2.25mg (15.01%), Vitamin D: 0.45µg (3.02%)