



## Provençal Chicken Stew



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



868 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 pounds tomatoes--peeled seeded coarsely chopped
- ☐ 2.5 pounds chicken thighs
- ☐ 2 teaspoons fennel pollen
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 pound potatoes red scrubbed halved
- ☐ 4 servings sea salt and pepper freshly ground
- ☐ 0.5 cup water

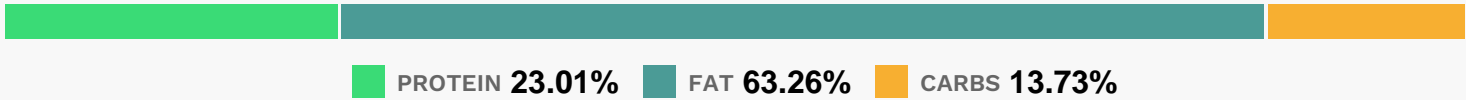
## Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon of the olive oil in a large nonstick skillet until shimmering. Season the chicken thighs with salt and pepper and cook over moderately high heat until browned on both sides, about 12 minutes.
- ☐ Transfer to a plate.
- ☐ Heat the remaining 3 tablespoons of olive oil in an enameled cast-iron casserole until shimmering.
- ☐ Add the potatoes and cook over moderately high heat until golden, about 10 minutes. Stir in the fennel pollen and cook until fragrant, about 30 seconds.
- ☐ Add the tomatoes and water, season with salt and pepper and bring to a boil. Return the chicken to the casserole, cover partially and cook over moderately low heat until the chicken is cooked through, about 20 minutes.
- ☐ Serve hot.
- ☐ Make Ahead: The chicken stew can be refrigerated overnight.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:31.359130387721%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 868.13kcal (43.41%), Fat: 61.04g (93.91%), Saturated Fat: 14.64g (91.49%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 25.62g (9.31%), Sugar: 6.86g (7.62%), Cholesterol: 277.83mg (92.61%), Sodium: 758.56mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.95g (99.9%), Vitamin B3: 16.08mg (80.42%), Selenium: 53.81µg (76.87%), Vitamin B6: 1.42mg (70.85%), Phosphorus: 560.19mg (56.02%), Potassium: 1523.68mg (43.53%), Vitamin C: 30.84mg (37.39%), Vitamin B5: 3.46mg (34.64%), Iron: 5.72mg (31.8%), Vitamin B2: 0.53mg

(31.42%), Vitamin B12: 1.81µg (30.24%), Zinc: 4.24mg (28.26%), Vitamin E: 4.09mg (27.29%), Vitamin B1: 0.4mg (26.91%), Magnesium: 104.06mg (26.01%), Copper: 0.46mg (22.9%), Vitamin K: 23.95µg (22.81%), Manganese: 0.38mg (19.02%), Fiber: 4.2g (16.78%), Calcium: 145.45mg (14.55%), Folate: 47.06µg (11.77%), Vitamin A: 494.42IU (9.89%), Vitamin D: 0.28µg (1.89%)