



Roast Chicken Thighs with Lentil Stew



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



30

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots halved lengthwise
- ☐ 1 quart chicken stock see
- ☐ 8 pounds chicken thighs
- ☐ 1 cup green lentils
- ☐ 8 garlic cloves chopped
- ☐ 1 large bell pepper green quartered
- ☐ 1 small leek white green halved lengthwise
- ☐ 6 tablespoons olive oil extra-virgin

- ☐ 1 small onion finely chopped
- ☐ 30 servings pimenton de la vera
- ☐ 30 servings salt
- ☐ 2 teaspoons sherry vinegar
- ☐ 2 slices bacon diced thick-cut
- ☐ 1 thyme sprig

Equipment

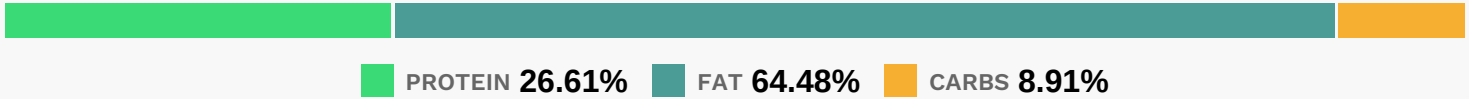
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat the oven to 45
- ☐ In a large saucepan, heat 1 tablespoon of the oil.
- ☐ Add the bacon and cook over moderate heat until golden brown, about 4 minutes.
- ☐ Add the onion and cook, stirring, for 3 minutes.
- ☐ Add the stock, whole garlic cloves, carrot, leek, bell pepper, lentils and thyme and bring to a boil. Simmer over low heat for 30 minutes.
- ☐ Meanwhile, in a baking dish, drizzle the chicken with 1 tablespoon of oil and season with salt and pimentn. Roast on the top rack for about 40 minutes, until cooked through.
- ☐ Discard the thyme sprig from the lentils.
- ☐ Transfer the garlic, carrot, leek and bell pepper to a blender.
- ☐ Add 1/4 cup of the cooking liquid and puree.
- ☐ Drain the lentils and return them to the pot. Stir in the pureed vegetables.

- ☐
- In a small skillet, heat the remaining 1/4 cup of oil.
- ☐
- Add the chopped garlic and cook over low heat for 1 minute.
- ☐
- Add 1 teaspoon of pimentn. Scrape the mixture into the lentils and simmer for 5 minutes.
- ☐
- Add the vinegar and season with salt.
- ☐
- Serve the lentils in bowls topped with the chicken.

Nutrition Facts



Properties

Glycemic Index:7.18, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:13.345217461171%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 345.21kcal (17.26%), Fat: 24.61g (37.85%), Saturated Fat: 6.29g (39.31%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 4.73g (1.72%), Sugar: 1.22g (1.36%), Cholesterol: 121.07mg (40.36%), Sodium: 383.58mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.7%), Selenium: 24.89µg (35.56%), Vitamin B3: 6.68mg (33.39%), Vitamin B6: 0.55mg (27.59%), Phosphorus: 242.76mg (24.28%), Vitamin A: 1102.75IU (22.05%), Vitamin B5: 1.42mg (14.2%), Zinc: 2.01mg (13.38%), Vitamin B2: 0.23mg (13.29%), Vitamin B12: 0.79µg (13.1%), Potassium: 414.39mg (11.84%), Vitamin B1: 0.18mg (11.8%), Fiber: 2.91g (11.65%), Iron: 1.85mg (10.25%), Vitamin E: 1.53mg (10.22%), Folate: 39.74µg (9.93%), Magnesium: 37.45mg (9.36%), Manganese: 0.18mg (9.01%), Vitamin K: 8.81µg (8.39%), Copper: 0.14mg (7.24%), Vitamin C: 5.71mg (6.92%), Calcium: 26.18mg (2.62%)