



## Spring chicken one-pot

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



1043 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tbsp olive oil
- ☐ 8 chicken thighs bone in
- ☐ 1 onion sliced
- ☐ 200 g streaky bacon chopped
- ☐ 1 carrots chopped
- ☐ 2 large spring greens shredded
- ☐ 600 ml chicken stock see
- ☐ 300 g baby new potato

- ☐ 2 tbsp crème fraîche
- ☐ 2 tbsp basil pesto

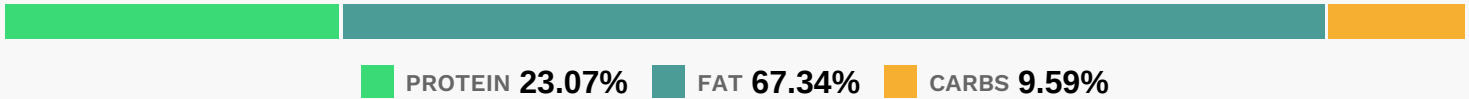
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat the oil in a large, heavy-based pan with a lid. Season the chicken and brown all over.
- ☐ Remove the chicken to a plate and cook the onion and bacon for 5 mins until softened and lightly coloured.
- ☐ Return the chicken to the pan, and add the remaining ingredients, except the crme frache and pesto, along with plenty of freshly ground black pepper. Bring to the boil, then cover and gently simmer for 30-40 mins until the potatoes are tender and chicken cooked through.
- ☐ Stir in the crme frache and pesto.
- ☐ Serve with some crusty bread for mopping up the sauce, if you like.

## Nutrition Facts



## Properties

Glycemic Index:39.4, Glycemic Load:10.64, Inflammation Score:-9, Nutrition Score:32.082173917605%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

## Nutrients (% of daily need)

Calories: 1043.12kcal (52.16%), Fat: 77.24g (118.84%), Saturated Fat: 21.68g (135.52%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 22.1g (8.03%), Sugar: 5.32g (5.91%), Cholesterol: 324.92mg (108.31%), Sodium: 859.43mg (37.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.55g (119.1%), Selenium: 68.04µg (97.2%), Vitamin B3: 18.82mg (94.08%), Vitamin B6: 1.5mg (74.76%), Phosphorus: 630.52mg (63.05%), Vitamin A: 2992.46IU

(59.85%), Potassium: 1264.32mg (36.12%), Vitamin B2: 0.6mg (35.41%), Vitamin B5: 3.53mg (35.32%), Vitamin B12: 2.11µg (35.2%), Vitamin B1: 0.49mg (32.61%), Zinc: 4.74mg (31.58%), Magnesium: 89.48mg (22.37%), Vitamin C: 18.18mg (22.04%), Iron: 3.22mg (17.89%), Copper: 0.35mg (17.52%), Vitamin K: 12.12µg (11.54%), Manganese: 0.23mg (11.26%), Fiber: 2.66g (10.66%), Vitamin E: 1.51mg (10.05%), Folate: 36.95µg (9.24%), Calcium: 68.78mg (6.88%), Vitamin D: 0.49µg (3.26%)