






 **31%**
HEALTH SCORE

Spring Vegetable-Chicken Ragout

 **Gluten Free**

READY IN

50 min.

SERVINGS

6

CALORIES

363 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.8 pound asparagus fresh trimmed cut into 2-in. pieces
- 1 teaspoon pepper black freshly ground
- 3 medium carrots peeled cut into 2-in. matchsticks
- 3 cups crimini mushrooms stemmed sliced
- 2 sprigs thyme sprigs fresh
- 12 ounces artichoke hearts frozen
- 2 large cloves garlic thinly sliced
- 1 strip lemon zest fresh

- 2.5 cups chicken broth reduced-sodium
- 2 tablespoons olive oil
- 1 small onion cut into thin wedges
- 6 ounces parmesan shaved
- 1 teaspoon salt
- 6 chicken thighs boneless skinless cut lengthwise into 2 pieces

Equipment

- frying pan
- pot

Directions

- Season chicken all over with salt and pepper.
- Heat 1 tbsp. oil in a 5- to 7-qt. pot over medium-high heat.
- Add half of the chicken and cook until golden brown on both sides, 4 to 5 minutes per side; transfer to a plate. Repeat with remaining chicken (if pan begins to scorch, reduce heat).
- Reduce heat to medium.
- Add remaining tbsp. oil and onion to pot; cook until onion is translucent, 4 to 5 minutes.
- Add garlic and cook 1 minute, stirring constantly.
- Add carrots and cook just until they begin to soften, about 4 minutes.
- Add artichoke hearts, mushrooms, thyme, and lemon zest; stir to combine. Return chicken to pan and stir in chicken broth. Cover, lower heat to maintain a gentle simmer, and cook 10 minutes.
- Add asparagus, cover, and cook 6 to 8 minutes, or until asparagus is tender-crisp.
- Remove from heat and top with shaved parmesan.

Nutrition Facts

PROTEIN 41.01% **FAT 42.89%** **CARBS 16.1%**

Properties

Glycemic Index:39.97, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:30.035652103631%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg

Nutrients (% of daily need)

Calories: 363.38kcal (18.17%), Fat: 17.68g (27.2%), Saturated Fat: 6.74g (42.14%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 10.07g (3.66%), Sugar: 4.01g (4.45%), Cholesterol: 126.63mg (42.21%), Sodium: 1023.64mg (44.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.04g (76.08%), Vitamin A: 5877.97IU (117.56%), Selenium: 42.94µg (61.35%), Phosphorus: 559.63mg (55.96%), Vitamin B3: 10.48mg (52.38%), Vitamin B2: 0.68mg (40.22%), Calcium: 398.74mg (39.87%), Vitamin B6: 0.75mg (37.37%), Vitamin K: 34.79µg (33.13%), Folate: 124.72µg (31.18%), Potassium: 929.69mg (26.56%), Vitamin B5: 2.4mg (23.97%), Zinc: 3.6mg (23.97%), Copper: 0.47mg (23.42%), Manganese: 0.43mg (21.34%), Vitamin B12: 1.2µg (19.96%), Fiber: 4.86g (19.43%), Vitamin B1: 0.29mg (19.28%), Magnesium: 72.17mg (18.04%), Iron: 3.24mg (18%), Vitamin C: 10.12mg (12.27%), Vitamin E: 1.79mg (11.94%), Vitamin D: 0.18µg (1.18%)