



Summer chicken one-pot

READY IN



50 min.

SERVINGS



4

CALORIES



1111 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 strips.
- ☐ 2 tbsp flour plain
- ☐ 1 tbsp olive oil
- ☐ 8 bacon chopped
- ☐ 400 ml veggie broth
- ☐ 500 g baby potatoes halved
- ☐ 200 g cheese soft
- ☐ 200 g avarakkai / broad beans podded
- ☐ 200 g regular corn fresh frozen (, or from a can)

☐ 200 g cherry tomatoes halved

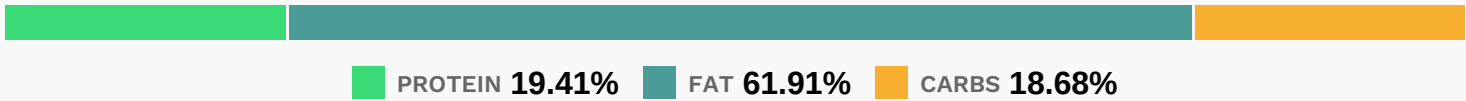
Equipment

☐ frying pan

Directions

- ☐ Dust the chicken in the flour and some seasoning.
- ☐ Heat the oil in a lidded pan and brown the chicken, in batches if needed, then transfer to a plate. Throw in the bacon and fry for 5 mins, until crisp.
- ☐ Return the chicken to the pan.
- ☐ Add the stock, cover and simmer for 30 mins, adding the potatoes after 10 mins, until the chicken is cooked and the potatoes are tender.
- ☐ Stir in cheese, then the rest of the vegetables and some seasoning. Simmer for 5 mins more, uncovered, then serve.

Nutrition Facts



Properties

Glycemic Index:86.06, Glycemic Load:28.66, Inflammation Score:-8, Nutrition Score:34.399564898532%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 1111.23kcal (55.56%), Fat: 76.86g (118.24%), Saturated Fat: 26.73g (167.07%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 45.08g (16.39%), Sugar: 8.13g (9.04%), Cholesterol: 301.02mg (100.34%), Sodium: 1035.76mg (45.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.22g (108.45%), Selenium: 58.7µg (83.86%), Vitamin B3: 15.31mg (76.56%), Vitamin B6: 1.44mg (71.78%), Phosphorus: 664.24mg (66.42%), Vitamin C: 38.92mg (47.18%), Potassium: 1498.72mg (42.82%), Vitamin B5: 3.75mg (37.51%), Vitamin B1: 0.54mg (36.17%), Vitamin B2: 0.59mg (34.79%), Zinc: 4.87mg (32.45%), Manganese: 0.61mg (30.49%), Magnesium: 121.29mg (30.32%), Vitamin B12: 1.78µg (29.61%), Vitamin A: 1461.63IU (29.23%), Fiber: 7.1g (28.41%), Folate: 108.14µg (27.04%), Copper: 0.47mg (23.73%), Iron: 4.23mg (23.52%), Vitamin E: 1.95mg (12.98%), Vitamin K: 13.34µg (12.7%), Calcium: 109.38mg (10.94%), Vitamin D: 0.4µg (2.68%)