



## Tuscan Baked Chicken and Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 32 ounce .5 can cannellini beans white rinsed drained canned
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cup onion chopped
- ☐ 3.5 pound roasting chickens

- ☐ 2 cups torn spinach packed
- ☐ 3 slices center-cut bacon

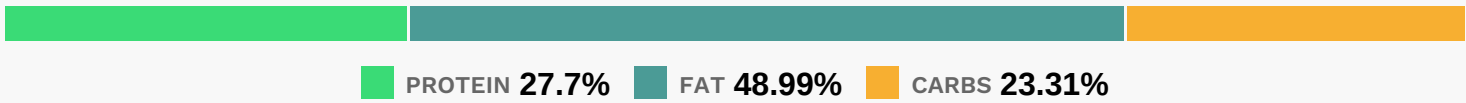
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat oven to 350
- ☐ Remove and discard giblets and neck from chicken. Trim excess fat.
- ☐ Cut chicken into 2 breast halves, 2 drumsticks, and 2 thighs. Season with 1/4 teaspoon salt and pepper. Cook bacon in a 12-inch ovenproof skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan; chop and set aside, reserving drippings in pan.
- ☐ Add chicken pieces to reserved drippings in pan; cook for 2 minutes on each side or until browned.
- ☐ Remove chicken from pan; set aside.
- ☐ Add onion and 1/8 teaspoon salt to pan; reduce heat to medium, and cook 5 minutes or until onion begins to brown. Stir in bacon, spinach, rosemary, beans, and tomatoes; remove from heat. Arrange chicken pieces on top; bake, uncovered, at 350 for 40 minutes. Discard skin before serving.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:14.54, Inflammation Score:-10, Nutrition Score:52.195652453796%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 1040.93kcal (52.05%), Fat: 56.56g (87.01%), Saturated Fat: 16.61g (103.81%), Carbohydrates: 60.54g (20.18%), Net Carbohydrates: 46.66g (16.97%), Sugar: 6.94g (7.71%), Cholesterol: 266.99mg (89%), Sodium: 757.14mg (32.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.96g (143.91%), Vitamin B3: 21.38mg (106.88%), Manganese: 1.64mg (82%), Vitamin A: 4081.78IU (81.64%), Vitamin K: 84.84µg (80.8%), Phosphorus: 775.36mg (77.54%), Iron: 12.7mg (70.57%), Vitamin B6: 1.4mg (70.04%), Folate: 272.84µg (68.21%), Selenium: 43.64µg (62.34%), Potassium: 2095.99mg (59.89%), Fiber: 13.88g (55.53%), Magnesium: 210.59mg (52.65%), Vitamin B12: 3µg (50.06%), Copper: 0.94mg (46.82%), Zinc: 6.99mg (46.63%), Vitamin B2: 0.69mg (40.83%), Vitamin B5: 3.87mg (38.68%), Vitamin B1: 0.57mg (38.03%), Vitamin C: 23.59mg (28.59%), Calcium: 255.6mg (25.56%), Vitamin E: 3.51mg (23.37%)