

# 19 Sunny Chicken



Onions, thinly sliced	2	300 g
Garlic cloves, thinly sliced	2	5 g
Carrots, sliced	3	230 g
Celery stalks, chopped	2	125 g
Broccoli florets	1 L	4 cups 370 g
Mushrooms, sliced	500 ml	2 cups 150 g
Chicken broth	1.5 L	6 cups 1.5 kg
Apple juice, 100% pure	500 ml	2 cups 500 g
Ground pepper	2.5 ml	½ teaspoon
Ground ginger	2.5 ml	½ teaspoon
<b>Chicken legs (806-8405)</b>	10	4.4 lbs. 2 kg

- : 10
- : 15 minutes
- : 90 minutes
- : no

Nutrition Facts	
For 1 leg (350 g)	
Amount	% Daily Value
<b>Calories 210</b>	
<b>Fat 9 g</b>	14%
Saturated 4.5 g	
+ trans 0.2 g	24%
Polyunsaturated 1 g	
Omega-6 1 g	
Omega-3 0.1 g	
Monounsaturated 2.5 g	
<b>Cholesterol 70 mg</b>	23%
<b>Sodium 490 mg</b>	20%
Potassium 660 mg	19%
<b>Carbohydrates 15 g</b>	5%
Fibre 2 g	8%
Sugar 9 g	
<b>Protein 18 g</b>	
Vitamin A 261 RE	25%
Vitamin C 18 mg	30%
Calcium 64 mg	6%
Iron 1.9 mg	15%
Phosphorus 202.6 mg	20%

- 1 Preheat oven to 180 °C (350 °F).
- 2 Place all ingredients in a large oven-proof dish. Cover and cook for 1 ½ hours.

<p><b>Chef's Remarks</b></p> <p> replacement product : you may make the recipe with split chicken breasts, bone-in, skin on (806-8512).</p>	<p><b>Canada's Food Guide Portions</b></p> <p>2 ½ servings of vegetables and fruit + 1 serving of meat and alternatives.</p>	<p><b>Olymel Product Allergens</b></p> <p><b>*Contains : none</b></p>	<p><b>Food Exchange System</b></p> <p>½ serving of fruit + 1 ½ servings of vegetables + 2 servings of meat and alternatives + ½ serving of fat.</p>
---	--	---	---

\*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)