



Ajiaco (Potato, Corn, and Chicken Stew)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups baking potato shredded peeled finely
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots thinly sliced
- ☐ 3 pounds chicken thighs
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 1 teaspoon thyme leaves fresh chopped

- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 1 teaspoon salt
- ☐ 1 pound yukon gold potatoes cubed peeled

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1 1/2 teaspoons oil in a large Dutch oven over medium-high heat.
- ☐ Add half of chicken; cook 5 minutes, browning on all sides.
- ☐ Remove chicken from pan. Repeat procedure with remaining oil and chicken.
- ☐ Remove from pan; cover and keep warm.
- ☐ Add onion and carrot to pan; saut 2 minutes. Stir in broth, corn, oregano, and thyme; bring to a simmer. Stir in baking potato and chicken; cover and simmer 20 minutes, stirring frequently to keep potato from sticking to pan.
- ☐ Add cubed potato; cover and simmer 20 minutes, stirring frequently. Stir in the cilantro and remaining ingredients, and cook, uncovered, 5 minutes, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:59.39, Glycemic Load:19.2, Inflammation Score:-9, Nutrition Score:26.40652164169%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 662.61kcal (33.13%), Fat: 40.72g (62.64%), Saturated Fat: 10.61g (66.33%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 28.94g (10.52%), Sugar: 3.8g (4.23%), Cholesterol: 222.26mg (74.09%), Sodium: 1054.99mg (45.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.44g (82.89%), Vitamin B3: 13.2mg (66%), Selenium: 45.64µg (65.2%), Vitamin B6: 1.29mg (64.74%), Phosphorus: 479.33mg (47.93%), Vitamin A: 2078.04IU (41.56%), Potassium: 1213.15mg (34.66%), Vitamin B5: 3.09mg (30.86%), Vitamin C: 23.44mg (28.41%), Vitamin B12: 1.68µg (27.97%), Vitamin B2: 0.4mg (23.36%), Zinc: 3.44mg (22.96%), Vitamin B1: 0.34mg (22.7%), Magnesium: 89.97mg (22.49%), Manganese: 0.38mg (19.01%), Iron: 3.27mg (18.19%), Copper: 0.31mg (15.75%), Fiber: 3.79g (15.18%), Vitamin K: 15.6µg (14.85%), Folate: 45.53µg (11.38%), Vitamin E: 1.03mg (6.87%), Calcium: 57.74mg (5.77%), Vitamin D: 0.23µg (1.51%)