



Cajun Chicken Stew

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground pepper to taste
- 1 rib celery stalks chopped
- 3 lb chicken cut into serving pieces
- 0.5 cup flour all-purpose
- 1 medium bell pepper green chopped
- 1 medium onion chopped
- 6 servings rice white cooked
- 2.5 teaspoons salt

- 0.8 cup spring onion thinly sliced
- 3 tablespoons vegetable oil
- 3 cups water

Equipment

- bowl
- pot
- spatula

Directions

- Heat 3 tablespoons oil in a 4- to 5-quart heavy pot (preferably cast-iron) over moderately high heat until hot but not smoking. Pat chicken dry and sprinkle with salt. Brown chicken in 4 batches, turning, about 5 minutes per batch, transferring as browned to a large bowl.
- Add enough of remaining oil to pot to total 1/4 cup fat, then stir in flour with a flat metal or wooden spatula and cook over moderately low heat, scraping back and forth constantly (not stirring), until roux is the color of milk chocolate, 10 to 20 minutes.
- Add onion, bell pepper, and celery and cook, scraping back and forth occasionally, until onion is softened, about 8 minutes.
- Add water to roux mixture and bring to a boil, stirring occasionally until roux is incorporated. (Roux will appear curdled initially, but will come together as it reaches a boil.)
- Add chicken and any juices accumulated in bowl, then simmer, partially covered, until chicken is cooked through, 30 to 35 minutes. Stir in cayenne, scallion greens, and salt to taste and serve over rice.
- Stew improves in flavor if made 1 day ahead (without scallion greens) and cooled completely, uncovered, then chilled, covered. Reheat, then stir in scallion greens.

Nutrition Facts

 PROTEIN **21.68%**  FAT **47.86%**  CARBS **30.46%**

Properties

Glycemic Index:52.83, Glycemic Load:30.3, Inflammation Score:-6, Nutrition Score:15.435217453086%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 450.37kcal (22.52%), Fat: 23.61g (36.32%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 32.21g (11.71%), Sugar: 1.62g (1.8%), Cholesterol: 81.65mg (27.22%), Sodium: 1055.55mg (45.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.12%), Vitamin B3: 8.52mg (42.62%), Vitamin K: 41.7µg (39.72%), Selenium: 25.31µg (36.16%), Manganese: 0.54mg (26.84%), Vitamin B6: 0.54mg (26.76%), Vitamin C: 21.46mg (26.02%), Phosphorus: 219.44mg (21.94%), Vitamin B5: 1.4mg (13.96%), Zinc: 2.01mg (13.39%), Vitamin B1: 0.19mg (12.65%), Vitamin B2: 0.21mg (12.57%), Iron: 1.93mg (10.71%), Folate: 41.58µg (10.39%), Magnesium: 41.21mg (10.3%), Potassium: 342.83mg (9.8%), Copper: 0.17mg (8.62%), Vitamin A: 386.21IU (7.72%), Vitamin E: 1.09mg (7.28%), Fiber: 1.6g (6.39%), Vitamin B12: 0.34µg (5.62%), Calcium: 40.98mg (4.1%), Vitamin D: 0.22µg (1.45%)