



Cajun Chicken Stew

 Dairy Free

READY IN



315 min.

SERVINGS



15

CALORIES



167 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 15 oz garbanzo beans drained and rinsed canned
- ☐ 2 medium carrots cut into 1-inch chunks (2 cups)
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 15 servings salt and pepper

- ☐ 2 pounds chicken thighs bone-in separated
- ☐ 0.8 cup vegetable juice low-sodium

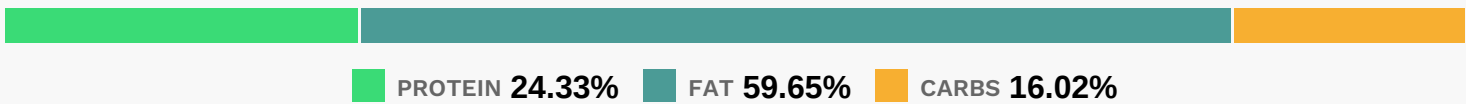
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ slow cooker

Directions

- ☐ In a slow cooker, stir together onion, carrots, garlic, chickpeas and flour. Season with salt and pepper.
- ☐ Warm oil in a large skillet over medium-high heat. Rub chicken with seasoning.
- ☐ Add chicken to skillet in a single layer; work in batches if necessary. Brown on all sides, about 5 minutes total, turning once (chicken should not be cooked through).
- ☐ Add to slow cooker. Repeat with remaining chicken if necessary.
- ☐ Reduce heat to medium; pour vegetable juice into skillet. Using a wooden spoon, scrape up browned bits from bottom. Cook 2 minutes; add to slow cooker.
- ☐ Cover and cook on low until chicken is fork-tender, 4 to 5 hours.

Nutrition Facts



Properties

Glycemic Index:18.48, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:7.785217485998%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 166.57kcal (8.33%), Fat: 11.05g (17%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 4.8g (1.75%), Sugar: 1.15g (1.28%), Cholesterol: 50.38mg (16.79%), Sodium: 339.46mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Vitamin A: 1732.72IU (34.65%), Vitamin B6: 0.35mg (17.28%), Selenium: 10.48µg (14.97%), Manganese: 0.28mg (13.96%), Vitamin B3: 2.59mg (12.96%), Phosphorus: 111.49mg (11.15%), Fiber: 1.88g (7.53%), Vitamin B5: 0.65mg (6.55%), Potassium: 219.13mg (6.26%), Zinc: 0.9mg (5.99%), Vitamin C: 4.76mg (5.77%), Vitamin B12: 0.33µg (5.48%), Vitamin B2: 0.09mg (5.14%), Iron: 0.91mg (5.06%), Magnesium: 20.18mg (5.04%), Vitamin B1: 0.06mg (4.14%), Copper: 0.08mg (4.08%), Vitamin E: 0.57mg (3.79%), Vitamin K: 3.69µg (3.51%), Folate: 12.72µg (3.18%), Calcium: 22.35mg (2.23%)