



Calabacita con Pollo

 Gluten Free  Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



644 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 14.5 ounce canned tomatoes diced undrained canned
- 16 ounce skin-on chicken drumsticks (1 pound total)
- 24 ounce chicken thighs ()
- 1.5 cups whole-kernel corn frozen thawed
- 2 garlic cloves minced
- 1 teaspoon ground cumin
- 2 teaspoons olive oil

- 1 small onion chopped
- 1 teaspoon salt
- 3 cups baby squash chopped

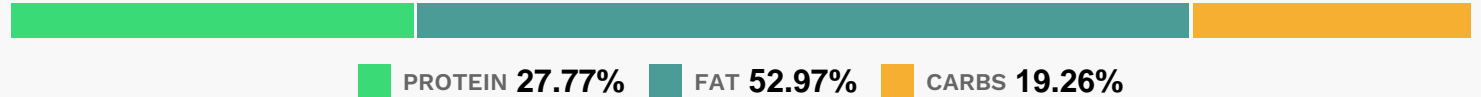
Equipment

- dutch oven

Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add chicken; cook 15 minutes, turning to brown on all sides.
- Sprinkle cumin, salt, and pepper over chicken.
- Add onion and garlic; cook 2 minutes, stirring occasionally.
- Add squash and remaining ingredients. Cover and cook 20 minutes or until chicken is done and vegetables are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:33.718260956847%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 644.07kcal (32.2%), Fat: 38.6g (59.38%), Saturated Fat: 9.99g (62.43%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 25.85g (9.4%), Sugar: 10.33g (11.48%), Cholesterol: 236.59mg (78.86%), Sodium: 1059.17mg (46.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.53g (91.07%), Vitamin A: 11585.95IU (231.72%), Vitamin B3: 14.76mg (73.81%), Selenium: 48.4µg (69.14%), Vitamin B6: 1.22mg (60.84%), Phosphorus: 500.96mg (50.1%), Vitamin C: 34.29mg (41.56%), Potassium: 1313.98mg (37.54%), Vitamin B5: 3.47mg (34.72%), Manganese: 0.61mg (30.41%), Magnesium: 116.16mg (29.04%), Vitamin B2: 0.49mg (28.77%), Zinc: 4.29mg (28.62%), Vitamin B1:

0.41mg (27.11%), Vitamin B12: 1.51µg (25.11%), Vitamin E: 3.67mg (24.44%), Iron: 4.29mg (23.83%), Fiber: 5.73g (22.91%), Copper: 0.44mg (21.82%), Folate: 75.31µg (18.83%), Vitamin K: 13.81µg (13.15%), Calcium: 121.27mg (12.13%), Vitamin D: 0.25µg (1.64%)