



Campfire Chicken Stew

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots thinly sliced
- 3.5 pounds chicken
- 10 ounces cream of mushroom soup undiluted canned
- 1 medium bell pepper green sliced
- 0.3 teaspoon pepper
- 3 medium potatoes peeled sliced
- 0.5 teaspoon salt
- 0.3 cup water

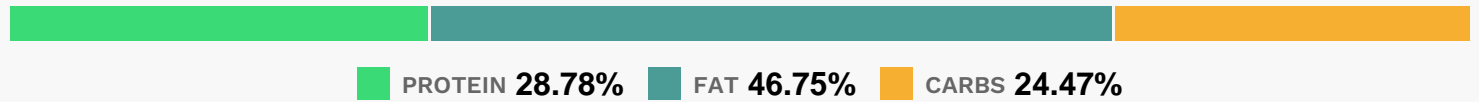
Equipment

- grill
- aluminum foil

Directions

- Grill chicken, covered, over medium heat for 3 minutes on each side.
- Place two pieces of chicken on each of four double thicknesses of heavy-duty foil (about 18 in. x 12 in.). Divide the potatoes, carrots and green pepper among the packets. Top each with soup, water, salt and pepper. Fold foil around mixture and seal tightly.
- Grill, covered, over medium heat for 20-25 minutes on each side or until chicken juices run clear. Open foil carefully to allow steam to escape.

Nutrition Facts



Properties

Glycemic Index:43.15, Glycemic Load:21.55, Inflammation Score:-10, Nutrition Score:29.940000243809%

Flavonoids

Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 595.22kcal (29.76%), Fat: 30.67g (47.18%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 31.03g (11.28%), Sugar: 3.48g (3.86%), Cholesterol: 146.43mg (48.81%), Sodium: 959.86mg (41.73%), Alcohol: 0g (100%), Protein: 42.49g (84.98%), Vitamin A: 5726.59IU (114.53%), Vitamin B3: 15.74mg (78.68%), Vitamin C: 60.33mg (73.12%), Vitamin B6: 1.28mg (63.88%), Phosphorus: 409.01mg (40.9%), Selenium: 27.95µg (39.93%), Potassium: 1278.09mg (36.52%), Manganese: 0.59mg (29.6%), Zinc: 3.86mg (25.72%), Vitamin B5: 2.46mg (24.6%), Copper: 0.44mg (22.2%), Magnesium: 86.99mg (21.75%), Vitamin B2: 0.35mg (20.55%), Iron: 3.67mg (20.38%), Fiber: 5.09g (20.36%), Vitamin B1: 0.29mg (19.63%), Folate: 51.03µg (12.76%), Vitamin K: 12.52µg (11.93%), Vitamin B12: 0.7µg (11.73%), Vitamin E: 0.91mg (6.07%), Calcium: 57.67mg (5.77%), Vitamin D: 0.38µg (2.54%)