

What She Ate

health-score100%

HEALTH SCORE

Chamberlayne Chicken and Kale Stew

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

30 min.

SERVINGS

servings

5

CALORIES

calories

406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce .5 can cannellini beans drained and rinsed canned
- ☐ 3.5 cups chicken broth
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons ground pepper black
- ☐ 2 cups kale shredded
- ☐ 1 teaspoon oregano
- ☐ 5 small potatoes red cubed
- ☐ 5 servings salt to taste

- ☐ 1.5 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup vegetable broth
- ☐ 0.8 cup water

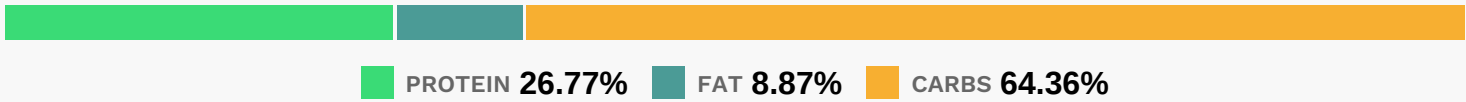
Equipment

- ☐ pot

Directions

- ☐ Combine the chicken broth, vegetable broth, water, chicken, cannellini beans, potatoes, pepper, salt, oregano, and garlic powder in a large pot; bring to a boil; reduce heat to medium-high and cook until the potatoes are fork-tender, about 15 minutes.
- ☐ Add the kale and cook another 5 minutes; serve.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:9.11, Inflammation Score:-10, Nutrition Score:28.277390936147%

Flavonoids

Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 406.11kcal (20.31%), Fat: 4.09g (6.29%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 66.73g (22.24%), Net Carbohydrates: 54.5g (19.82%), Sugar: 3.71g (4.12%), Cholesterol: 34.79mg (11.6%), Sodium: 975.86mg (42.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.75g (55.5%), Manganese: 1.59mg (79.31%), Potassium: 1744.9mg (49.85%), Fiber: 12.23g (48.92%), Vitamin K: 49.04µg (46.71%), Iron: 7.5mg (41.67%), Folate: 150.11µg (37.53%), Copper: 0.72mg (35.95%), Magnesium: 143.39mg (35.85%), Phosphorus: 357.2mg (35.72%), Vitamin B6: 0.62mg (31.11%), Vitamin B3: 5.97mg (29.83%), Vitamin C: 22.48mg (27.25%), Vitamin B1: 0.38mg (25.13%), Zinc: 3.31mg (22.09%), Selenium: 14.92µg (21.31%), Calcium: 192.81mg (19.28%), Vitamin A: 941.56IU (18.83%), Vitamin B2: 0.31mg (18.29%), Vitamin B5: 1.26mg (12.61%), Vitamin E: 1.58mg (10.56%), Vitamin B12: 0.15µg (2.58%)