



Chicken and Chickpea Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 15 ounces garbanzo beans rinsed drained canned
- ☐ 14.5 ounces tomatoes diced drained canned
- ☐ 0.5 teaspoon cinnamon
- ☐ 3 tablespoons cilantro leaves fresh chopped (or mint)
- ☐ 2 large cloves garlic chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup chicken broth low-sodium

- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 pound chicken breast boneless skinless
- ☐ 1 tablespoon tomato paste
- ☐ 0.8 cup couscous whole-wheat
- ☐ 6 ounces zucchini green yellow cut into 1-inch pieces

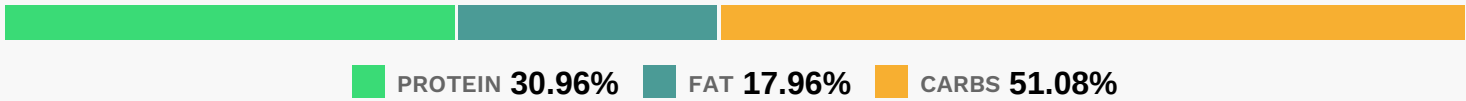
Equipment

- ☐ frying pan

Directions

- ☐ Cook couscous as directed on package. Season chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. In a nonstick skillet, heat oil over medium heat. Cook chicken, turning once, 2 minutes per side.
- ☐ Transfer chicken to a plate. Cook onion in same skillet, stirring occasionally, 5 minutes.
- ☐ Add garlic and tomato paste; cook, stirring, 1 minute more.
- ☐ Add tomatoes, cumin and cinnamon; cook, stirring, 2 minutes more. Return chicken to skillet; add chickpeas, broth, zucchini, remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Simmer, covered, until chicken is cooked through, about 10 minutes.
- ☐ Serve stew with couscous.
- ☐ Garnish with cilantro.
- ☐ calories, 7 grams fat, 1 gram saturated fat, 66 grams carbohydrate, 13 grams fiber, 41 grams protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:26.472608659578%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg

Nutrients (% of daily need)

Calories: 483.11kcal (24.16%), Fat: 10.06g (15.48%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 64.4g (21.47%), Net Carbohydrates: 52.93g (19.25%), Sugar: 7.42g (8.25%), Cholesterol: 72.57mg (24.19%), Sodium: 1066.13mg (46.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.08%), Vitamin B6: 1.64mg (82.17%), Vitamin B3: 13.92mg (69.61%), Manganese: 1.24mg (62.09%), Selenium: 39.36µg (56.23%), Fiber: 11.47g (45.87%), Phosphorus: 401.53mg (40.15%), Potassium: 1072.32mg (30.64%), Vitamin C: 24.53mg (29.73%), Iron: 4.92mg (27.32%), Vitamin B5: 2.24mg (22.36%), Magnesium: 87.37mg (21.84%), Copper: 0.37mg (18.33%), Vitamin B2: 0.27mg (15.85%), Folate: 61.73µg (15.43%), Vitamin B1: 0.21mg (13.8%), Zinc: 1.9mg (12.65%), Calcium: 123.83mg (12.38%), Vitamin E: 1.68mg (11.19%), Vitamin K: 9.29µg (8.85%), Vitamin A: 343.11IU (6.86%), Vitamin B12: 0.29µg (4.76%)