



Chicken and Chorizo Stew



Gluten Free



Dairy Free

READY IN



56 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium carrots chopped
- ☐ 1 bunch flat-leaf parsley fresh
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon garlic fresh minced
- ☐ 3 garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups lower-sodium chicken broth fat-free

- ☐ 1 onion quartered
- ☐ 1.5 cups onion chopped
- ☐ 1 medium bell pepper red chopped
- ☐ 3 cups potatoes red cubed
- ☐ 0.3 teaspoon saffron threads
- ☐ 1.5 tablespoons sherry vinegar
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 6 ounces chorizo spanish chopped
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ sieve

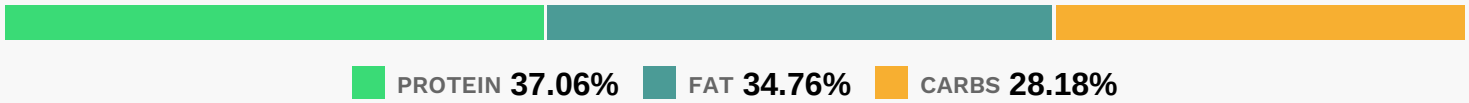
Directions

- ☐ Combine first 6 ingredients in a saucepan over medium-high heat.
- ☐ Add chicken to pan; bring mixture to a boil. Reduce heat, and simmer 14 minutes or until chicken is done.
- ☐ Remove chicken, reserving cooking liquid; cool. Shred chicken. Strain cooking liquid through a fine sieve over a bowl; discard solids.
- ☐ Wipe pan with paper towels. Saut sausage over medium-high heat 2 minutes.
- ☐ Add potato, onion, and bell pepper; saut 8 minutes, stirring occasionally.
- ☐ Add garlic and next 3 ingredients (through saffron); saut 2 minutes, stirring constantly.
- ☐ Add reserved cooking liquid; bring to a simmer. Simmer 12 minutes, stirring occasionally.
- ☐ Add shredded chicken; simmer 5 minutes.

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Remove from heat; stir in vinegar. Ladle about 1 cup stew into each of 4 bowls; top each serving with parsley.

Nutrition Facts



Properties

Glycemic Index:89.96, Glycemic Load:3.22, Inflammation Score:-10, Nutrition Score:28.444347726262%

Flavonoids

Apigenin: 35.02mg, Apigenin: 35.02mg, Apigenin: 35.02mg, Apigenin: 35.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg, Quercetin: 18.35mg

Nutrients (% of daily need)

Calories: 328.52kcal (16.43%), Fat: 12.57g (19.34%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 18.79g (6.83%), Sugar: 6.59g (7.33%), Cholesterol: 81.01mg (27%), Sodium: 506.37mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.31%), Vitamin K: 272.21µg (259.25%), Vitamin A: 5034.7IU (100.69%), Vitamin C: 74.3mg (90.07%), Vitamin B3: 10.31mg (51.57%), Vitamin B6: 1.01mg (50.69%), Selenium: 28.61µg (40.88%), Potassium: 1163.81mg (33.25%), Phosphorus: 269mg (26.9%), Manganese: 0.37mg (18.51%), Folate: 71.59µg (17.9%), Iron: 3.18mg (17.65%), Vitamin B5: 1.7mg (17.03%), Fiber: 4.15g (16.59%), Magnesium: 60.17mg (15.04%), Vitamin B1: 0.19mg (12.7%), Vitamin B2: 0.18mg (10.69%), Copper: 0.2mg (10.15%), Zinc: 1.19mg (7.92%), Calcium: 73.55mg (7.35%), Vitamin E: 0.89mg (5.93%), Vitamin B12: 0.17µg (2.83%)