



## Chicken and Pumpkin Goulash

 Gluten Free  Dairy Free

READY IN



295 min.

SERVINGS



6

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
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- 29 ounce tomatoes diced canned
- 15 ounce garbanzo beans drained and rinsed canned
- 1 teaspoon ground cinnamon
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger

- 2 tablespoons olive oil
- 1 onion chopped
- 3 pounds pumpkin fresh peeled cut into 3/4-inch cubes
- 6 servings salt to taste
- 1.5 pounds chicken breast halves boneless skinless cut into bite size pieces

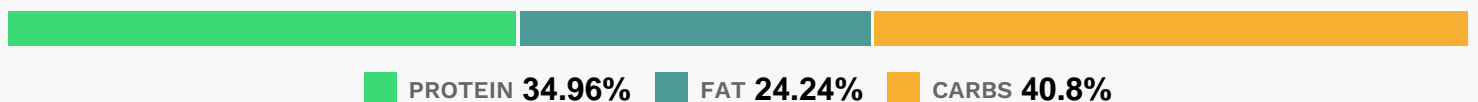
## Equipment

- frying pan
- slow cooker

## Directions

- Set a slow cooker to High, and place diced tomatoes and brown sugar into the cooker; stir to combine.
- Heat olive oil in a non-stick skillet over medium-high heat, and cook and stir onion until lightly browned, about 10 minutes.
- Mix in the ginger, cinnamon, cumin, and coriander; cook and stir until the spices release their fragrance, about 2 minutes. Stir in the chicken, and cook and stir until chicken is no longer pink.
- Mix the garbanzo beans into the chicken mixture, and bring to a simmer.
- Transfer the mixture into the slow cooker, and mix with tomatoes.
- Place pumpkin into the same skillet, and reduce heat to medium. Cook until the pumpkin is hot and some pieces are slightly browned, about 10 minutes, stirring often.
- Place pumpkin into the cooker, and cover.
- Cook the stew on the High setting for 1 hour; reduce cooker setting to Low, and cook until pumpkin is tender, 3 to 4 more hours. Season with salt and black pepper. If stew seems too liquid, mix cornstarch into water in a small cup until smooth, and stir the slurry into the stew. Cook until thickened, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:24.89, Glycemic Load:12.78, Inflammation Score:-10, Nutrition Score:33.188695652174%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.73mg, Luteolin: 3.73mg, Luteolin: 3.73mg, Luteolin: 3.73mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg, Quercetin: 4.41mg

## Nutrients (% of daily need)

Calories: 343.36kcal (17.17%), Fat: 9.65g (14.85%), Saturated Fat: 1.61g (10.03%), Carbohydrates: 36.53g (12.18%), Net Carbohydrates: 29.99g (10.91%), Sugar: 14.2g (15.78%), Cholesterol: 72.57mg (24.19%), Sodium: 723.49mg (31.46%), Protein: 31.31g (62.62%), Vitamin A: 19517.81IU (390.36%), Vitamin B6: 1.5mg (75.14%), Vitamin B3: 14.35mg (71.76%), Manganese: 1.21mg (60.43%), Selenium: 39.09µg (55.85%), Potassium: 1604.87mg (45.85%), Vitamin C: 36.16mg (43.83%), Phosphorus: 431.98mg (43.2%), Vitamin E: 4.25mg (28.31%), Iron: 4.98mg (27.67%), Copper: 0.54mg (27.23%), Vitamin B5: 2.7mg (26.96%), Vitamin B2: 0.46mg (26.94%), Fiber: 6.54g (26.17%), Magnesium: 97.99mg (24.5%), Vitamin B1: 0.28mg (18.87%), Folate: 73.12µg (18.28%), Zinc: 2.17mg (14.47%), Calcium: 141.01mg (14.1%), Vitamin K: 9.7µg (9.24%), Vitamin B12: 0.23µg (3.78%)