



Chicken and Rutabaga Stew



Gluten Free



Dairy Free

READY IN



52 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken broth
- ☐ 0.1 teaspoon cumin
- ☐ 10 figs dried cut in half
- ☐ 1 teaspoon garam masala
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 large rutabaga peeled cut into 1-inch pieces (3 cups)
- ☐ 0.8 teaspoon salt divided

- ☐ 4 chicken thighs boneless skinless cut into 2-inch pieces
- ☐ 0.8 cup onion sweet chopped
- ☐ 1.5 cups sweet potatoes and into cubed peeled

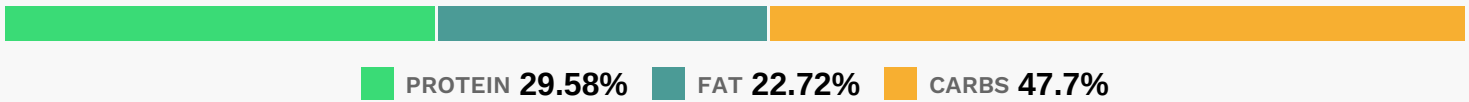
Equipment

- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add chicken, and sprinkle with cumin and 1/2 teaspoon salt; saut 10 to 12 minutes or until chicken is browned.
- ☐ Add onion, and saut 5 minutes; sprinkle with garam masala, and saut 2 to 3 more minutes or until lightly golden.
- ☐ Add chicken broth, rutabaga, and sweet potato. Bring to a boil; reduce heat, and cook, covered, 10 minutes.
- ☐ Add figs, remaining 1/4 teaspoon salt, and pepper, and cook 10 more minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:17.11, Inflammation Score:-10, Nutrition Score:27.163043436797%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 7.44mg, Apigenin: 7.44mg, Apigenin: 7.44mg, Apigenin: 7.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg, Myricetin: 4.47mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 348.71kcal (17.44%), Fat: 9.01g (13.87%), Saturated Fat: 1.75g (10.97%), Carbohydrates: 42.56g (14.19%), Net Carbohydrates: 34.26g (12.46%), Sugar: 22.29g (24.76%), Cholesterol: 109.7mg (36.57%), Sodium: 1028.06mg

(44.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Vitamin A: 7112.87IU (142.26%), Vitamin C: 51.13mg (61.98%), Vitamin B6: 0.86mg (43.05%), Vitamin B3: 8.37mg (41.83%), Selenium: 27.94µg (39.91%), Phosphorus: 363.75mg (36.38%), Potassium: 1229.33mg (35.12%), Fiber: 8.3g (33.19%), Manganese: 0.6mg (29.88%), Vitamin B1: 0.37mg (24.59%), Magnesium: 94.99mg (23.75%), Vitamin B2: 0.4mg (23.52%), Vitamin B5: 2.19mg (21.92%), Zinc: 2.59mg (17.26%), Calcium: 152.66mg (15.27%), Iron: 2.7mg (15%), Folate: 59.26µg (14.82%), Copper: 0.29mg (14.74%), Vitamin B12: 0.75µg (12.45%), Vitamin E: 1.54mg (10.3%), Vitamin K: 10.28µg (9.79%)