



Chicken and Summer Vegetable Stew

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 oz chicken breast halves on the bone
- ☐ 4 cups chicken broth
- ☐ 0.3 cup chives) fresh snipped
- ☐ 2.5 cups regular corn yellow from 3 medium ears
- ☐ 1 tablespoon flour all-purpose
- ☐ 10 oz baby lima beans frozen thawed
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 3 plum tomatoes ripe seeded cut into 1/3-inch dice

- ☐ 1 teaspoon salt
- ☐ 3 tablespoons butter unsalted
- ☐ 1 baby squash yellow thinly sliced
- ☐ 1 small zucchini thinly sliced

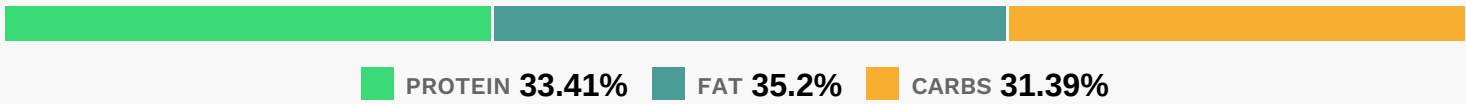
Equipment

- ☐ knife
- ☐ pot

Directions

- ☐ Season chicken breasts with 1/4 tsp. each salt and pepper and sprinkle with flour.
- ☐ Heat olive oil in a heavy, 2 1/2-quart pot over medium heat.
- ☐ Add chicken, skin-side down, and cook, covered, until nicely golden, about 7 minutes. Turn chicken breasts over, cover and cook until juices run clear when chicken is pierced with a knife, about 8 minutes.
- ☐ Remove chicken from heat, transfer to a board and let cool. Set pot aside.
- ☐ In same pot chicken was cooked in, melt butter over medium heat.
- ☐ Add squash, zucchini, lima beans and corn and cook, stirring often, until squash is wilted, 4 to 5 minutes.
- ☐ While vegetables are cooking, cut chicken into 3/4-inch chunks.
- ☐ Add to vegetables along with tomato and broth. Season with remaining 3/4 tsp. salt and 1/4 tsp. pepper and cook, stirring until heated through, about 3 minutes.
- ☐ Sprinkle chives on top just before serving.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:7.96, Inflammation Score:-7, Nutrition Score:22.427826197251%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 373.7kcal (18.69%), Fat: 14.99g (23.07%), Saturated Fat: 5.12g (32.02%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 24.66g (8.97%), Sugar: 5.65g (6.28%), Cholesterol: 90.76mg (30.25%), Sodium: 1130.31mg (49.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.02g (64.04%), Vitamin B3: 14.26mg (71.28%), Vitamin B6: 1.15mg (57.29%), Selenium: 38.66µg (55.22%), Phosphorus: 374.54mg (37.45%), Manganese: 0.69mg (34.63%), Potassium: 1021.9mg (29.2%), Vitamin C: 23.1mg (28%), Vitamin B5: 2.37mg (23.66%), Fiber: 5.42g (21.68%), Magnesium: 85.27mg (21.32%), Vitamin B2: 0.36mg (21.14%), Vitamin A: 906.5IU (18.13%), Vitamin B1: 0.27mg (17.78%), Folate: 55.64µg (13.91%), Iron: 2.26mg (12.58%), Zinc: 1.7mg (11.34%), Vitamin K: 11.88µg (11.32%), Copper: 0.2mg (9.97%), Vitamin E: 1.41mg (9.38%), Calcium: 45.97mg (4.6%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.22µg (1.46%)