



Chicken Chickpea Stew



Gluten Free



Dairy Free



Popular

READY IN



85 min.

SERVINGS



4

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken thighs bone in , skin on
- ☐ 14 oz tomatoes diced ripe canned (or)
- ☐ 2 carrots peeled sliced into rounds
- ☐ 1 pinch ground pepper to taste ()
- ☐ 14 oz chickpeas drained and rinsed cooked canned (or)
- ☐ 0.3 cup flat parsley divided chopped (or substitute flat leaf parsley)
- ☐ 0.5 tsp cumin
- ☐ 2 tbsp olive oil extra virgin

- ☐ 3 garlic clove crushed
- ☐ 1 cup chicken broth low sodium (okay)
- ☐ 1 onion diced peeled
- ☐ 4 servings bacon
- ☐ 1 roasted peppers red sliced
- ☐ 4 servings salt and pepper
- ☐ 1 tsp paprika smoked
- ☐ 0.3 tsp turmeric

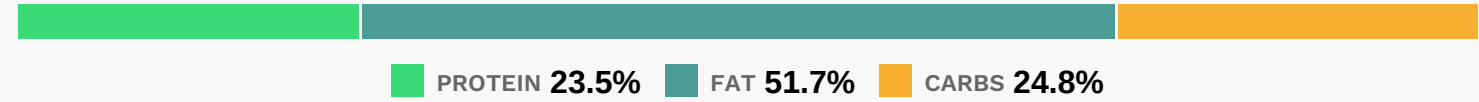
Equipment

- ☐ frying pan

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Chicken Chickpea Stew
- ☐ Ingredients2 tbsp extra virgin olive oil4 chicken thighs, bone in, skin on1 onion, peeled and diced2 carrots, peeled and sliced into rounds3–4 garlic cloves, crushed1 cup chicken broth (low sodium okay), or more if needed1 can (14 oz) diced tomatoes (or 1 3/4 cups ripe diced tomatoes)1 can (14 oz) chickpeas, drained and rinsed (or 1 3/4 cups cooked chickpeas)1 roasted red bell pepper, skinned and sliced – learn to roast a bell pepper here1 tsp smoked paprika1/2 tsp cumin1/4 tsp turmeric
- ☐ Pinch of cayenne (or more to taste)1/3 cup chopped cilantro (or substitute flat leaf parsley), divided
- ☐ Salt and pepper
- ☐ You will also needa sauté pan
- ☐ Total Time: 1 Hour 25 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:54.65, Glycemic Load:6.88, Inflammation Score:-10, Nutrition Score:36.606521953707%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg, Quercetin: 6.2mg

Nutrients (% of daily need)

Calories: 633.37kcal (31.67%), Fat: 36.83g (56.66%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 29.35g (10.67%), Sugar: 9.94g (11.05%), Cholesterol: 148.54mg (49.51%), Sodium: 742.11mg (32.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.67g (75.33%), Vitamin A: 6083.41IU (121.67%), Vitamin K: 100.72µg (95.93%), Manganese: 1.29mg (64.53%), Folate: 203.45µg (50.86%), Vitamin B3: 10.02mg (50.09%), Selenium: 34.91µg (49.88%), Phosphorus: 488.82mg (48.88%), Vitamin B6: 0.93mg (46.29%), Fiber: 10.41g (41.66%), Iron: 5.93mg (32.95%), Vitamin C: 26.08mg (31.62%), Potassium: 1065.11mg (30.43%), Copper: 0.59mg (29.32%), Zinc: 3.99mg (26.62%), Magnesium: 101.36mg (25.34%), Vitamin B1: 0.35mg (23.55%), Vitamin B2: 0.38mg (22.62%), Vitamin B5: 2.11mg (21.14%), Vitamin E: 2.77mg (18.5%), Vitamin B12: 1.06µg (17.67%), Calcium: 129.17mg (12.92%), Vitamin D: 0.17µg (1.15%)