



## Chicken Claridge Stew

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes diced canned
- 4 carrots chopped
- 2 stalks celery chopped
- 1 cup chicken broth
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 0.3 teaspoon sage dried
- 1 clove garlic minced

- 1 onion chopped
- 6 servings salt and pepper to taste
- 3 chicken breast halves boneless skinless cut into cubes

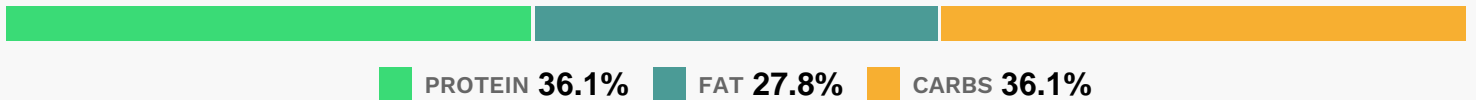
## Equipment

- frying pan

## Directions

- Spray a large skillet with cooking spray.
- Saute the chicken in the oil.
- Add the onion and saute until translucent.
- Add the celery and carrots and saute briefly.
- Add the chicken soup, mushroom soup, water or broth, salt and pepper, sage and garlic. Do not add the tomatoes yet as they retard cooking time. Bring all to a boil, then cover and simmer for about 20 minutes.
- Add the tomatoes and simmer for 10 more minutes, uncovered.
- Serve over hot cooked rice if desired. Delicious!

## Nutrition Facts



## Properties

Glycemic Index:36.14, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:18.090869504472%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

## Nutrients (% of daily need)

Calories: 192.01kcal (9.6%), Fat: 6.03g (9.28%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 14.54g (5.29%), Sugar: 6.35g (7.05%), Cholesterol: 43.55mg (14.52%), Sodium: 1251.31mg (54.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.24%), Vitamin A: 7111.77IU (142.24%), Vitamin B3: 7.94mg (39.7%), Vitamin B6: 0.64mg (32.03%), Selenium: 19.87µg (28.39%), Manganese: 0.44mg (22.17%), Potassium: 699.38mg (19.98%), Phosphorus: 196.13mg (19.61%), Copper: 0.34mg (17.24%), Vitamin K: 15.25µg (14.53%), Vitamin C: 11.36mg (13.77%), Vitamin B5: 1.36mg (13.62%), Iron: 2.22mg (12.33%), Fiber: 3.08g (12.32%), Vitamin B2: 0.21mg (12.1%), Magnesium: 42.7mg (10.67%), Vitamin E: 1.56mg (10.42%), Vitamin B1: 0.15mg (10.11%), Zinc: 1.4mg (9.32%), Folate: 31.77µg (7.94%), Calcium: 60.89mg (6.09%), Vitamin B12: 0.2µg (3.37%)