



Chicken Creole

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

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons basil dried fresh minced
- 8 ounce tomato sauce canned
- 0.5 cup carrots thinly sliced
- 1 cup cooking wine dry white
- 4 garlic cloves minced
- 1 cup ham cubed reduced-sodium (1-inch)
- 1 teaspoon hot sauce
- 2 tablespoons olive oil

- 1 cup onion finely chopped
- 2 tablespoons teaspoons oregano dried fresh minced
- 0.5 cup peas green frozen
- 2 ounce pimento diced
- 0.5 teaspoon salt
- 2 pounds skinned cut into 1-inch cubes
- 0.5 teaspoon sugar
- 2 cups tomatoes peeled seeded finely chopped
- 0.3 cup water

Equipment

- frying pan
- dutch oven

Directions

- Heat oil in a Dutch oven over medium heat until hot.
- Add chicken and ham; saut 10 minutes or until chicken is browned.
- Remove mixture from pan.
- Add onion, basil, oregano, and garlic to pan. Saut 5 minutes or until onion is tender; stir occasionally.
- Add tomato and next 8 ingredients (tomato through pimento); bring to a boil. Return chicken mixture to pan; cover, reduce heat, and simmer 40 minutes. Stir in peas; cook 2 minutes.

Nutrition Facts



PROTEIN 47.8% **FAT 35.03%** **CARBS 17.17%**

Properties

Glycemic Index:66.38, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:27.920435076175%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 362.25kcal (18.11%), Fat: 12.94g (19.91%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 10.48g (3.81%), Sugar: 6.7g (7.45%), Cholesterol: 111.23mg (37.08%), Sodium: 971.36mg (42.23%), Alcohol: 4.12g (100%), Alcohol %: 1.27% (100%), Protein: 39.72g (79.45%), Vitamin B3: 18.36mg (91.8%), Selenium: 54.77µg (78.25%), Vitamin B6: 1.5mg (75.19%), Vitamin A: 2510.83IU (50.22%), Phosphorus: 432.71mg (43.27%), Vitamin C: 30.51mg (36.98%), Potassium: 1071.04mg (30.6%), Vitamin B5: 2.6mg (25.96%), Vitamin K: 26.69µg (25.42%), Vitamin B1: 0.34mg (23%), Manganese: 0.41mg (20.58%), Vitamin B2: 0.33mg (19.17%), Magnesium: 76.59mg (19.15%), Iron: 3.18mg (17.67%), Vitamin E: 2.62mg (17.45%), Fiber: 3.79g (15.17%), Zinc: 1.98mg (13.22%), Copper: 0.22mg (11.25%), Folate: 37.29µg (9.32%), Calcium: 88.75mg (8.87%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.31µg (2.1%)