



## Chicken, Quinoa, and Green-Olive Stew

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

READY IN



60 min.

SERVINGS



4

CALORIES



831 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon ancho chile powder
- 0.5 teaspoon cayenne
- 1 cup chickpeas canned rinsed cooked (garbanzos)
- 1 cup fire-roasted tomatoes diced canned ripe chopped ( 2 large)
- 3 garlic cloves minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 4 cups chicken broth reduced-sodium

- 2 tablespoons olive oil extra-virgin
- 2 teaspoons orange zest
- 1 teaspoon oregano dried (preferably Mexican)
- 1 cup pimiento-stuffed olives green
- 0.5 cup quinoa
- 0.5 teaspoon salt
- 1 large onion white finely chopped
- 2 pounds boned

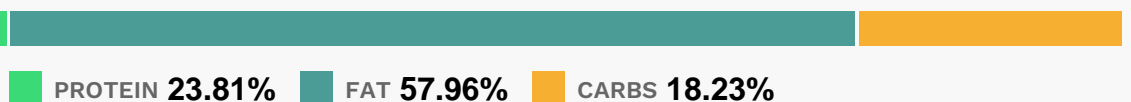
## Equipment

- bowl
- pot

## Directions

- Bring broth to a simmer in a large, heavy-bottomed pot over medium-high heat.
- Add chicken and lower heat to a simmer. Cook chicken, covered, 15 to 20 minutes, or until cooked through; transfer to a plate.
- Pour broth into a large bowl and set aside. Wipe out pot.
- Add oil, onion, and salt to pot and cook over medium heat until onion softens and is starting to brown, about 10 minutes.
- Stir in cumin, coriander, oregano, and garlic; cook 2 minutes.
- Add ancho chile powder, cayenne, chopped tomatoes, reserved broth, orange zest, and quinoa. Reduce heat and simmer, covered, until a white ring appears around each quinoa seed, 10 to 15 minutes. Meanwhile, shred chicken.
- Add shredded chicken, chickpeas, and olives and heat through.

## Nutrition Facts



## Properties

Glycemic Index:31.19, Glycemic Load:3.11, Inflammation Score:-9, Nutrition Score:30.473043638727%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

## Nutrients (% of daily need)

Calories: 831.16kcal (41.56%), Fat: 53.95g (83.01%), Saturated Fat: 12.54g (78.39%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 30.53g (11.1%), Sugar: 5.65g (6.27%), Cholesterol: 222.26mg (74.09%), Sodium: 1174.02mg (51.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.86g (99.73%), Vitamin B3: 14.56mg (72.8%), Selenium: 46.81µg (66.87%), Phosphorus: 617.77mg (61.78%), Vitamin B6: 1.07mg (53.29%), Manganese: 1.04mg (51.89%), Folate: 126.5µg (31.62%), Iron: 5.51mg (30.64%), Fiber: 7.64g (30.55%), Zinc: 4.54mg (30.28%), Magnesium: 120.83mg (30.21%), Copper: 0.58mg (29.23%), Potassium: 1018.52mg (29.1%), Vitamin B2: 0.49mg (28.81%), Vitamin B12: 1.69µg (28.12%), Vitamin B5: 2.66mg (26.65%), Vitamin E: 3.72mg (24.81%), Vitamin B1: 0.33mg (21.91%), Vitamin A: 781.74IU (15.63%), Vitamin K: 14.88µg (14.17%), Calcium: 126.65mg (12.66%), Vitamin C: 6.89mg (8.35%), Vitamin D: 0.23µg (1.51%)