



Chicken Sake Stew

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2.5 cups less-sodium chicken broth fat-free
- ☐ 1 ounce flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic cloves finely chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 1.5 cups sake

- ☐ 0.5 cup shallots chopped 2 large
- ☐ 0.8 pound chicken breasts boneless skinless cut into bite-sized pieces
- ☐ 0.8 pound chicken thighs boneless skinless cut into bite-sized pieces
- ☐ 0.3 cup tamari sauce reduced-sodium
- ☐ 1 cup water divided
- ☐ 1 pound potatoes white cubed

Equipment

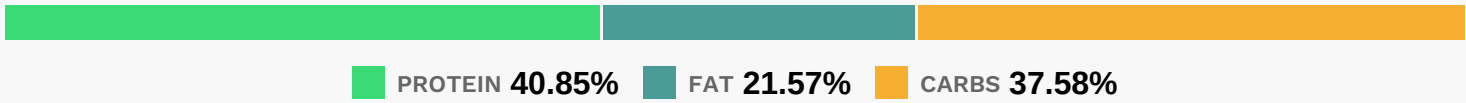
- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat 1 teaspoon olive oil in a Dutch oven over medium-high heat.
- ☐ Add shallots to pan, and saut for 3 minutes or until golden.
- ☐ Add garlic to pan; saut 1 minute.
- ☐ Transfer shallot mixture to a large bowl.
- ☐ Heat remaining 2 teaspoons olive oil in pan over medium-high heat.
- ☐ Place 1/4 cup flour in a shallow bowl or pie plate. Dredge half of chicken in flour, shaking off excess.
- ☐ Add dredged chicken and 1/8 teaspoon black pepper to pan, and cook for 6 minutes or until browned on all sides.
- ☐ Add browned chicken to shallot mixture. Repeat procedure with remaining flour, chicken, and 1/8 teaspoon black pepper.
- ☐ Add sake to pan; bring to a boil, scraping pan to loosen browned bits.
- ☐ Add broth, tamari, and 1/2 cup water.
- ☐ Add chicken mixture to pan, stirring to combine. Cover, reduce heat, and simmer for 30 minutes.
- ☐ Combine remaining 1/2 cup water and 1 tablespoon flour in a small bowl; stir until smooth.

- ☐ Add flour mixture to pan; stir well. Stir in potato. Cover and simmer 15 minutes or until potato is tender. Uncover and simmer 15 minutes or until desired thickness.
- ☐ Remove from heat; stir in parsley.

Nutrition Facts



Properties

Glycemic Index:62.13, Glycemic Load:14, Inflammation Score:-6, Nutrition Score:17.703043507493%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 339.56kcal (16.98%), Fat: 6.46g (9.95%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 22.73g (8.27%), Sugar: 2.48g (2.76%), Cholesterol: 90.15mg (30.05%), Sodium: 1053.94mg (45.82%), Alcohol: 9.66g (100%), Alcohol %: 2.89% (100%), Protein: 27.55g (55.09%), Vitamin B3: 11.2mg (56%), Selenium: 36.66µg (52.37%), Vitamin B6: 1.02mg (51.13%), Phosphorus: 315.85mg (31.59%), Potassium: 813.92mg (23.25%), Vitamin C: 18.51mg (22.43%), Vitamin B5: 1.96mg (19.58%), Manganese: 0.33mg (16.35%), Vitamin K: 15.87µg (15.11%), Magnesium: 60.28mg (15.07%), Vitamin B1: 0.22mg (14.83%), Vitamin B2: 0.25mg (14.81%), Iron: 2.28mg (12.65%), Vitamin B12: 0.67µg (11.09%), Zinc: 1.63mg (10.88%), Fiber: 2.61g (10.43%), Copper: 0.2mg (10.2%), Folate: 38.03µg (9.51%), Calcium: 39.13mg (3.91%), Vitamin E: 0.57mg (3.81%), Vitamin A: 89.67IU (1.79%)