



Chicken Stew (Doro Wett)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 pound meat from a rotisserie chicken for another use cut into 10 pieces, wings reserved
- ☐ 2.5 cups chicken stock see divided
- ☐ 0.3 cup cooking wine dry red
- ☐ 2 garlic cloves finely chopped
- ☐ 1.5 inch ginger peeled chopped
- ☐ 0.3 teaspoon ground cardamom freshly ground
- ☐ 2 hardboiled eggs peeled

- ☐ 1 juice of lime
- ☐ 2 medium onions diced red
- ☐ 6 servings salt

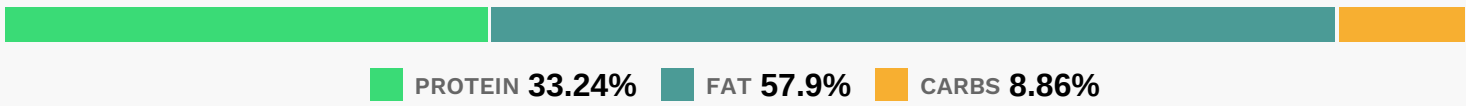
Equipment

- ☐ dutch oven

Directions

- ☐ Combine the onions, a pinch of salt, and half of the spiced butter in a Dutch oven or other large deep pot over low heat. Cook, stirring occasionally, until the onions are golden, about 15 minutes.
- ☐ Add the remaining butter, the cardamom, black pepper, cloves, garlic, ginger, and berbere and cook until the onions soften and take on the color of the spices, about 10 minutes.
- ☐ Add 2 cups of the chicken stock and the chicken legs and thighs, bring to simmer, and simmer for 15 minutes.
- ☐ Add the remaining 1/2 cup chicken stock and the wine, bring back to a simmer, and simmer for 10 minutes.
- ☐ Add the chicken breasts and simmer for 20 minutes.
- ☐ Gently stir in the lime juice and eggs and simmer for another 5 minutes. The sauce will be loose and soupy. Season with salt to taste.
- ☐ Reprinted with permission from The Soul of a New Cuisine: A Discovery of the Foods and Flavors of Africa by Marcus Samuelsson. © 2006 John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:13.95260881341%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg

2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

Nutrients (% of daily need)

Calories: 401.48kcal (20.07%), Fat: 24.89g (38.3%), Saturated Fat: 7.14g (44.65%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.83g (2.85%), Sugar: 3.45g (3.83%), Cholesterol: 174.03mg (58.01%), Sodium: 461.06mg (20.05%), Alcohol: 1.05g (100%), Alcohol %: 0.42% (100%), Protein: 32.16g (64.32%), Vitamin B3: 11.53mg (57.67%), Selenium: 28.58µg (40.83%), Vitamin B6: 0.65mg (32.54%), Phosphorus: 282.77mg (28.28%), Vitamin B2: 0.36mg (21.02%), Vitamin B5: 1.62mg (16.16%), Zinc: 2.31mg (15.39%), Potassium: 473.07mg (13.52%), Vitamin B12: 0.63µg (10.58%), Vitamin B1: 0.15mg (10.26%), Iron: 1.85mg (10.25%), Magnesium: 40.1mg (10.03%), Vitamin C: 7.15mg (8.67%), Copper: 0.15mg (7.5%), Folate: 28.75µg (7.19%), Manganese: 0.14mg (6.77%), Vitamin A: 296.66IU (5.93%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.66µg (4.38%), Calcium: 39.33mg (3.93%), Fiber: 0.74g (2.97%), Vitamin K: 2.76µg (2.63%)