



CHICKEN STEW (POLLO SUDADO)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chicken bouillon
- ☐ 0.3 teaspoon cumin powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 8 small potatoes yellow peeled cut in half
- ☐ 0.3 cup bell pepper red chopped

- ☐ 0.3 teaspoon salt
- ☐ 2 cup tomatoes chopped
- ☐ 8 thighs
- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water

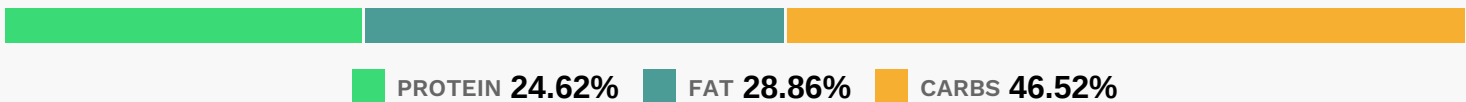
Equipment

- ☐ pot

Directions

- ☐ In a large pot, heat the vegetable oil over medium heat.
- ☐ Add the onion and red pepper and sauté until onions are translucent, about 3 minutes. Then add the tomatoes, garlic, salt and ground pepper and sauté for 5 more minutes.
- ☐ Add the chicken, water, chicken bouillon, sazón Goya and cumin powder. Cover and cook for 25 minutes, stirring occasionally.
- ☐ Add the potatoes and cilantro and cook for an additional 30 minutes or until the potatoes are tender.
- ☐ Serve over white rice.

Nutrition Facts



Properties

Glycemic Index:69.94, Glycemic Load:44.86, Inflammation Score:-9, Nutrition Score:32.271304534829%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 558.59kcal (27.93%), Fat: 18.01g (27.71%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 65.31g (21.77%), Net Carbohydrates: 56.31g (20.48%), Sugar: 5.87g (6.52%), Cholesterol: 139.31mg (46.44%), Sodium: 338.81mg (14.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.58g (69.15%), Vitamin C: 91.1mg (110.42%), Vitamin B6: 1.63mg (81.41%), Vitamin B3: 11.49mg (57.44%), Potassium: 2006.64mg (57.33%), Phosphorus: 473.71mg (47.37%), Selenium: 30.63µg (43.76%), Fiber: 9g (35.99%), Manganese: 0.7mg (35.22%), Magnesium: 122.7mg (30.67%), Vitamin B1: 0.44mg (29.3%), Zinc: 4.12mg (27.44%), Copper: 0.55mg (27.43%), Vitamin B5: 2.7mg (27.04%), Vitamin K: 26.24µg (24.99%), Vitamin B2: 0.39mg (23.07%), Iron: 4.02mg (22.31%), Vitamin A: 1058.83IU (21.18%), Folate: 78.88µg (19.72%), Vitamin B12: 0.83µg (13.88%), Vitamin E: 1.18mg (7.9%), Calcium: 77.82mg (7.78%), Vitamin D: 0.15µg (1.01%)