



Chicken Stew with Beer(Pollo Estofado en Cerveza)

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups beer
- ☐ 3 tablespoon butter
- ☐ 8 pieces meat from a rotisserie chicken trimmed
- ☐ 0.5 teaspoon parsley dried
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoons olive oil

- ☐ 0.5 cup onions chopped
- ☐ 0.3 teaspoon oregano
- ☐ 0.5 cup peas
- ☐ 6 servings salt and pepper
- ☐ 0.5 teaspoon thyme leaves
- ☐ 2 cups tomato sauce
- ☐ 1 tablespoon worcestershire sauce

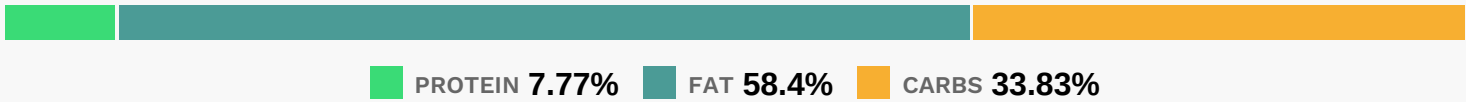
Equipment

- ☐ frying pan

Directions

- ☐ Season the chicken all over with salt and pepper. In a large frying pan over medium-high heat, melt the butter with the oil. Working in batches if necessary, add the chicken and cook, turning frequently, until browned, about 10 minutes.
- ☐ Transfer the chicken to a platter.
- ☐ Add the onion and sauté until softened, about 5 minutes.
- ☐ Add the garlic and cook for 1 minute. Stir in the tomato sauce, Worcestershire sauce, cumin, oregano, parsley, thyme, and beer.Over medium-low heat, cover and cook until the chicken is tender and opaque throughout, about 35 to 40 minutes. Uncover and add the peas. Cover and cook until the peas are warmed through, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:48.64, Glycemic Load:3.38, Inflammation Score:-7, Nutrition Score:6.4004347747111%

Flavonoids

Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.7mg,

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 146.94kcal (7.35%), Fat: 8.57g (13.18%), Saturated Fat: 4.03g (25.19%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 8.93g (3.25%), Sugar: 4.46g (4.96%), Cholesterol: 16.05mg (5.35%), Sodium: 668.52mg (29.07%), Alcohol: 3.07g (100%), Alcohol %: 1.93% (100%), Protein: 2.56g (5.13%), Vitamin C: 12.53mg (15.19%), Vitamin A: 637.06IU (12.74%), Vitamin E: 1.72mg (11.48%), Potassium: 348.95mg (9.97%), Manganese: 0.19mg (9.56%), Fiber: 2.24g (8.96%), Vitamin B6: 0.17mg (8.61%), Vitamin B3: 1.62mg (8.08%), Iron: 1.37mg (7.63%), Vitamin K: 7.94µg (7.56%), Copper: 0.14mg (6.84%), Magnesium: 24.46mg (6.11%), Vitamin B2: 0.1mg (6.06%), Folate: 23.31µg (5.83%), Phosphorus: 58.02mg (5.8%), Vitamin B1: 0.07mg (4.55%), Vitamin B5: 0.34mg (3.41%), Calcium: 31.13mg (3.11%), Zinc: 0.41mg (2.77%), Selenium: 1.68µg (2.4%)