



Chicken Stew with Biscuits

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bell pepper black to taste
- ☐ 16.3 oz buttermilk refrigerated
- ☐ 5 small carrots peeled cut into 1-inch pieces
- ☐ 1 teaspoons chicken soup base
- ☐ 0.8 cup chicken broth dry white
- ☐ 1.7 oz chicken and gravy mix
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 onion cut into 8 wedges

- ☐ 0.5 teaspoon pepper
- ☐ 4 chicken breasts boneless skinless cut into bite-sized pieces
- ☐ 0.3 cup water cold
- ☐ 2 cups water

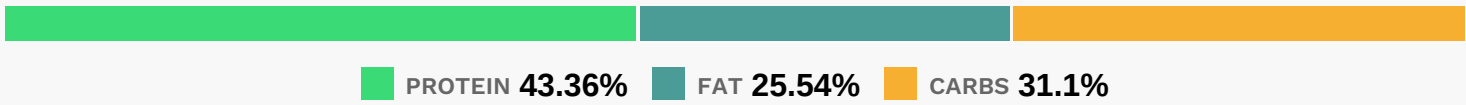
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine first 7 ingredients in a 3 1/3- or 4-quart slow cooker; stir until blended.
- ☐ Add carrots, chicken and onion; cover and cook on high setting one hour. Reduce heat to low setting and cook 3 to 4 hours.
- ☐ Stir together flour and cold water until smooth in a small bowl. Gradually stir into slow cooker; cover and cook one more hour.
- ☐ Pour stew into individual bowls; sprinkle with black pepper, if desired, and top with biscuits.

Nutrition Facts



Properties

Glycemic Index:72.21, Glycemic Load:7.76, Inflammation Score:-10, Nutrition Score:23.510434814121%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 307.28kcal (15.36%), Fat: 7.7g (11.84%), Saturated Fat: 3.11g (19.43%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 18.6g (6.76%), Sugar: 10.53g (11.7%), Cholesterol: 86.08mg (28.69%), Sodium: 479.95mg (20.87%), Alcohol: 4.64g (100%), Alcohol %: 1.13% (100%), Protein: 29.41g (58.82%), Vitamin A: 10710.18IU (214.2%), Vitamin B3: 12.94mg (64.72%), Selenium: 42.96µg (61.37%), Vitamin B6: 1.05mg (52.62%), Phosphorus: 383.2mg (38.32%), Potassium: 864.39mg (24.7%), Vitamin B2: 0.39mg (23.2%), Vitamin B5: 2.32mg (23.15%), Calcium: 179.69mg (17.97%), Vitamin B1: 0.23mg (15.39%), Manganese: 0.31mg (15.39%), Magnesium: 59.55mg (14.89%), Vitamin B12: 0.76µg (12.65%), Vitamin D: 1.61µg (10.77%), Fiber: 2.49g (9.96%), Folate: 38.4µg (9.6%), Zinc: 1.42mg (9.47%), Vitamin K: 9.73µg (9.26%), Vitamin C: 7.55mg (9.15%), Copper: 0.14mg (6.97%), Iron: 1.15mg (6.36%), Vitamin E: 0.72mg (4.83%)