



 **19%**
HEALTH SCORE

Chicken Stew With Coconut Milk

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots halved
- 1 cup coconut milk canned
- 12 ounce canned tomatoes diced canned
- 1 tablespoon cumin
- 1 tablespoon curry powder
- 9 ounce baby lima beans frozen
- 0.3 teaspoon hot sauce to taste (such as Tabasco)
- 6 servings cilantro leaves for garnish

- 1 cup potatoes peeled cut in 1-inch chunks
- 6 servings salt and pepper to taste
- 1 pound chicken breast boneless skinless cut into bite-sized chunks
- 1 medium onion yellow sliced chopped

Equipment

- bowl
- microwave

Directions

- Put all ingredients in a large microwave-safe bowl and mix thoroughly. Cover tightly and microwave on high for 30-40 minutes.

Nutrition Facts

■ PROTEIN **28.92%** ■ FAT **35.5%** ■ CARBS **35.58%**

Properties

Glycemic Index:31.79, Glycemic Load:6.05, Inflammation Score:-9, Nutrition Score:21.925652338111%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 301.25kcal (15.06%), Fat: 12.26g (18.87%), Saturated Fat: 8.99g (56.21%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 21.01g (7.64%), Sugar: 5.95g (6.61%), Cholesterol: 48.38mg (16.13%), Sodium: 410.56mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.48g (44.95%), Vitamin A: 3197.46IU (63.95%), Vitamin B3: 9.91mg (49.54%), Manganese: 0.97mg (48.33%), Vitamin B6: 0.9mg (44.82%), Selenium: 28.52µg (40.74%), Phosphorus: 300.91mg (30.09%), Potassium: 1002.04mg (28.63%), Fiber: 6.65g (26.6%), Vitamin C: 19.92mg (24.15%), Iron: 4.08mg (22.65%), Magnesium: 85.31mg (21.33%), Copper: 0.37mg (18.43%), Vitamin B5: 1.6mg (16%), Vitamin B1: 0.2mg (13.44%), Folate: 45.26µg (11.31%), Vitamin B2: 0.17mg (9.83%), Zinc: 1.39mg (9.24%), Vitamin E: 1.18mg (7.84%), Calcium: 73.87mg (7.39%), Vitamin K: 7.31µg (6.96%), Vitamin B12: 0.15µg (2.52%)