



Chicken Stew with Green Olives



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 teaspoon pepper black
- ☐ 28 oz canned tomatoes whole drained coarsely chopped canned
- ☐ 3 lb chicken quartered
- ☐ 1.5 cups chicken broth
- ☐ 1 clove garlic minced
- ☐ 0.5 cup olive green pitted
- ☐ 1 teaspoon ground cumin

- ☐ 2 teaspoons kosher salt
- ☐ 1 lemon zest grated
- ☐ 1.5 tablespoons olive oil
- ☐ 1 onion sliced
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon turmeric

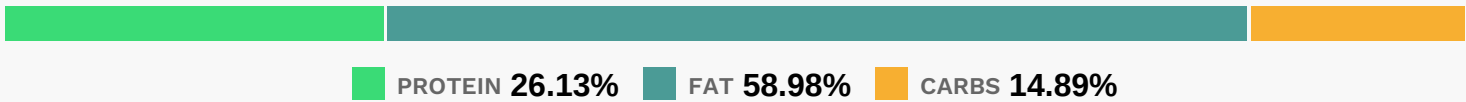
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place tomatoes, 1 cup broth, onion, garlic, cumin, paprika and turmeric into slow cooker.
- ☐ In a large skillet, heat 1 Tbsp. oil over medium high heat. Season chicken with salt and pepper, place in skillet and cook, turning, until browned, about 8 minutes.
- ☐ Transfer to slow cooker.
- ☐ Pour remaining 1/2 cup broth into skillet, scraping brown bits from bottom of pan.
- ☐ Pour liquid into slow cooker.
- ☐ Cook chicken on high for 4 hours. Thirty minutes before chicken is finished, stir in olives and lemon peel.
- ☐ Remove chicken from slow cooker; let cool.
- ☐ Remove meat from bones, then return loose meat to slow cooker.
- ☐ Serve stew on top of cooked couscous and sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:25.572608481283%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 541.66kcal (27.08%), Fat: 36.28g (55.81%), Saturated Fat: 8.46g (52.85%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 14.58g (5.3%), Sugar: 10.76g (11.96%), Cholesterol: 124.23mg (41.41%), Sodium: 2131.99mg (92.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.32%), Vitamin B3: 14.1mg (70.52%), Vitamin B6: 0.95mg (47.26%), Vitamin E: 6.06mg (40.39%), Selenium: 25.78µg (36.83%), Phosphorus: 349.83mg (34.98%), Manganese: 0.69mg (34.66%), Vitamin C: 25.18mg (30.52%), Potassium: 1031mg (29.46%), Iron: 5.09mg (28.3%), Copper: 0.56mg (28.11%), Vitamin B2: 0.44mg (25.66%), Magnesium: 97.43mg (24.36%), Fiber: 6.03g (24.13%), Vitamin B5: 2.14mg (21.36%), Zinc: 3.04mg (20.3%), Vitamin B1: 0.3mg (20.08%), Vitamin A: 978.76IU (19.58%), Vitamin K: 17.36µg (16.53%), Calcium: 131.03mg (13.1%), Folate: 44.51µg (11.13%), Vitamin B12: 0.52µg (8.73%), Vitamin D: 0.33µg (2.18%)