



Chicken Stew with Green Olives

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 pound meat from a rotisserie chicken quartered
- ☐ 2 cups couscous hot cooked
- ☐ 1 garlic clove minced
- ☐ 0.5 cup olives green pitted
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon kosher salt

- ☐ 1 peel of lemon grated
- ☐ 1.5 cups lower-sodium chicken broth fat-free divided
- ☐ 29 ounce no-salt-added tomatoes diced drained canned
- ☐ 1 tablespoon olive oil
- ☐ 1 onion sliced
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon turmeric

Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Place tomatoes, 1 cup broth, and next 5 ingredients (through turmeric) in an electric slow cooker.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle chicken with pepper and salt.
- ☐ Add chicken to pan; cook chicken about 8 minutes, browning on all sides.
- ☐ Place in slow cooker.
- ☐ Pour remaining 1/2 cup broth into pan, scraping pan to loosen browned bits.
- ☐ Pour liquid into slow cooker.
- ☐ Cover and cook on HIGH for 4 hours. Thirty minutes before end of cooking time, stir in olives and rind.
- ☐ Remove chicken from slow cooker; cool.
- ☐ Remove meat from bones; return meat to slow cooker. Discard bones.
- ☐ Serve stew over couscous, and sprinkle with almonds.

Nutrition Facts



 PROTEIN **26.04%**  FAT **52.13%**  CARBS **21.83%**

Properties

Glycemic Index:47.25, Glycemic Load:11.88, Inflammation Score:-10, Nutrition Score:24.612608816313%

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: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg 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: 585.89kcal (29.29%), Fat: 34.18g (52.59%), Saturated Fat: 8.18g (51.15%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 26.79g (9.74%), Sugar: 6.62g (7.36%), Cholesterol: 122.47mg (40.82%), Sodium: 642.47mg (27.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.85%), Vitamin B3: 13.72mg (68.6%), Selenium: 46.03µg (65.76%), Vitamin B6: 0.92mg (45.79%), Phosphorus: 339.13mg (33.91%), Vitamin E: 4.79mg (31.94%), Vitamin C: 26.04mg (31.56%), Potassium: 1045.38mg (29.87%), Iron: 4.73mg (26.25%), Manganese: 0.51mg (25.54%), Vitamin B2: 0.42mg (24.42%), Fiber: 5.42g (21.66%), Magnesium: 85.72mg (21.43%), Vitamin B5: 2.11mg (21.1%), Zinc: 2.94mg (19.57%), Vitamin B1: 0.28mg (18.38%), Copper: 0.36mg (17.95%), Vitamin A: 790.82IU (15.82%), Calcium: 129.34mg (12.93%), Folate: 46.93µg (11.73%), Vitamin K: 11.83µg (11.26%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)