



Chicken Stew with Shallots, Cider, and Butternut Squash

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds toasted sliced
- 0.5 teaspoon pepper black divided
- 2 cups butternut squash cubed peeled () (1 pound)
- 1 teaspoon curry powder
- 2 cups fermented cider dry
- 14 ounce less-sodium chicken broth fat-free divided canned
- 1 tablespoon flour all-purpose

- 1.5 ounces flour all-purpose
- 4 teaspoons olive oil divided
- 1 teaspoon salt divided
- 1 cup shallots sliced (6 medium)
- 0.8 pound chicken breast boneless skinless cut into bite-sized pieces
- 1.3 pounds chicken thighs boneless skinless cut into bite-sized pieces
- 1 cup water

Equipment

- bowl
- frying pan
- whisk
- dutch oven

Directions

- Heat 1 teaspoon oil in a Dutch oven over medium-high heat.
- Add shallots; saut 5 minutes or until tender and golden brown.
- Add curry powder; saut 1 minute. Spoon shallot mixture into a large bowl.
- Place 1/3 cup flour in a shallow bowl or pie plate. Dredge chicken in flour, shaking off excess.
- Heat remaining 1 tablespoon oil in pan over medium-high heat.
- Add half of chicken mixture; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook 6 minutes, browning on all sides.
- Add browned chicken to shallot mixture. Repeat procedure with remaining chicken mixture, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Add cider to pan, scraping pan to loosen browned bits.
- Combine 1 cup broth and 1 tablespoon flour, stirring with a whisk until smooth.
- Add broth mixture, remaining broth, and water; bring to a boil. Stir in chicken mixture, remaining 1/2 teaspoon salt, and remaining 1/4 teaspoon pepper. Cover, reduce heat, and simmer 40 minutes, stirring occasionally.

Stir in squash. Simmer, uncovered, 55 minutes or until chicken and squash are very tender and sauce thickens. Spoon about 1 cup stew into each of 6 bowls; sprinkle each serving with 2 teaspoons almonds and parsley, if desired.

Nutrition Facts

PROTEIN 42.97% **FAT 29.37%** **CARBS 27.66%**

Properties

Glycemic Index:37.83, Glycemic Load:6.27, Inflammation Score:-10, Nutrition Score:24.657391190529%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 339kcal (16.95%), Fat: 10.26g (15.79%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 18.7g (6.8%), Sugar: 6.51g (7.24%), Cholesterol: 126.06mg (42.02%), Sodium: 820.19mg (35.66%), Alcohol: 3.93g (100%), Alcohol %: 1.14% (100%), Protein: 33.78g (67.56%), Vitamin A: 5006.17IU (100.12%), Vitamin B3: 12.84mg (64.22%), Selenium: 44.71µg (63.87%), Vitamin B6: 1.08mg (53.78%), Phosphorus: 370.98mg (37.1%), Vitamin B5: 2.38mg (23.79%), Potassium: 801.6mg (22.9%), Manganese: 0.42mg (21.07%), Vitamin B2: 0.34mg (20.07%), Magnesium: 75.01mg (18.75%), Vitamin B1: 0.27mg (18.04%), Vitamin C: 13.67mg (16.57%), Vitamin E: 2.41mg (16.07%), Zinc: 2.2mg (14.7%), Vitamin B12: 0.85µg (14.17%), Iron: 2.52mg (14%), Folate: 50.2µg (12.55%), Fiber: 3.05g (12.21%), Copper: 0.21mg (10.61%), Calcium: 66.32mg (6.63%), Vitamin K: 5.92µg (5.64%)