



 **54%**  
HEALTH SCORE

## Chicken Taco Stew in Bread Bowls

READY IN



35 min.

SERVINGS



3

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 oz tomatoes diced green undrained canned
- 6 oz chicken breast refrigerated cooked coarsely chopped
- 1 cup chicken broth progresso® (from 32-oz carton)
- 1 cup regular corn fresh green frozen giant® niblets®
- 1 tablespoon cornstarch
- 11 oz bread refrigerated french pillsbury® canned
- 15 oz kidney beans dark red rinsed drained progresso® canned
- 2 oz cheddar cheese shredded

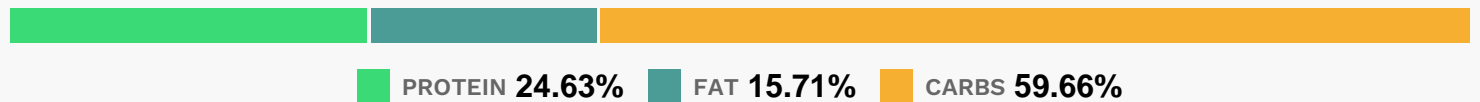
## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Heat oven to 350°F. Spray cookie sheet with cooking spray.
- Cut dough into 3 equal pieces. Shape each into a ball, placing seam at bottom so dough is smooth on top.
- Place dough balls, seam sides down, on cookie sheet.
- Bake 18 to 22 minutes or until golden brown. Cool 5 minutes.
- Meanwhile, in 2-quart saucepan, mix remaining ingredients except cheese. Cook over medium heat, stirring occasionally, until mixture boils and thickens.
- Cut top off each bread loaf. Lightly press center of bread down to form bowls.
- Place each bread bowl in individual shallow soup plate. Spoon about 1 cup stew into each bread bowl.
- Sprinkle with cheese.
- Place top of each bread bowl next to filled bowl.

## Nutrition Facts



## Properties

Glycemic Index:64.76, Glycemic Load:53.84, Inflammation Score:-9, Nutrition Score:37.908695671869%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 10.14mg, Quercetin:

10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

## **Nutrients (% of daily need)**

Calories: 684.71kcal (34.24%), Fat: 12.18g (18.73%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 104.06g (34.69%), Net Carbohydrates: 89.08g (32.39%), Sugar: 10.23g (11.37%), Cholesterol: 56.75mg (18.92%), Sodium: 1244.48mg (54.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.95g (85.91%), Folate: 337.73µg (84.43%), Selenium: 55.51µg (79.3%), Vitamin B1: 1.11mg (74.22%), Manganese: 1.43mg (71.36%), Vitamin B3: 13.46mg (67.31%), Fiber: 14.98g (59.91%), Phosphorus: 577.02mg (57.7%), Iron: 9.69mg (53.82%), Vitamin B2: 0.79mg (46.68%), Vitamin B6: 0.9mg (44.76%), Magnesium: 141.5mg (35.37%), Potassium: 1220.95mg (34.88%), Copper: 0.63mg (31.3%), Zinc: 4.13mg (27.51%), Calcium: 264.22mg (26.42%), Vitamin B5: 2.07mg (20.7%), Vitamin C: 13.99mg (16.96%), Vitamin K: 16.15µg (15.38%), Vitamin A: 453.52IU (9.07%), Vitamin E: 1.23mg (8.2%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.17µg (1.13%)