



Chicken Vegetable Stew

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1 pound carrots 1-inch-thick
- ☐ 1 pound chicken breast halves
- ☐ 1 pound chicken thighs
- ☐ 56 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 teaspoons garlic powder
- ☐ 1 tablespoon olive oil

- ☐ 1.5 cups pieces onion 1-inch
- ☐ 1 teaspoon onion powder
- ☐ 16 ounce peas green frozen
- ☐ 4 cups potatoes red cubed 1-inch
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup water

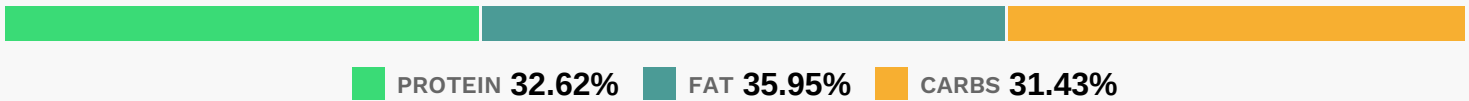
Equipment

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Heat the oil in a large Dutch oven over medium-high heat.
- ☐ Add chicken to pan; cook 5 minutes, browning on all sides.
- ☐ Add potato and next 6 ingredients (through salt); stir well.
- ☐ Add broth; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until chicken is done.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and water, stirring with a whisk until smooth.
- ☐ Add flour mixture and peas to pan. Bring to a boil; cook 5 minutes.
- ☐ Remove chicken from pan; cool slightly.
- ☐ Remove chicken from bones; discard bones. Return chicken to pan; stir to combine.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:7.78, Inflammation Score:-10, Nutrition Score:29.282608690469%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 385.19kcal (19.26%), Fat: 15.39g (23.68%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 23.18g (8.43%), Sugar: 9.14g (10.16%), Cholesterol: 104.97mg (34.99%), Sodium: 1360.89mg (59.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.43g (62.85%), Vitamin A: 11395.86IU (227.92%), Vitamin B3: 13.83mg (69.14%), Selenium: 41.18µg (58.83%), Vitamin B6: 1.07mg (53.38%), Vitamin C: 36.82mg (44.63%), Phosphorus: 400.9mg (40.09%), Potassium: 1069.34mg (30.55%), Manganese: 0.58mg (28.82%), Fiber: 7.1g (28.38%), Vitamin K: 29.08µg (27.69%), Vitamin B1: 0.41mg (27.35%), Vitamin B5: 2.29mg (22.89%), Vitamin B2: 0.37mg (21.6%), Folate: 84.15µg (21.04%), Magnesium: 75.87mg (18.97%), Vitamin B12: 1µg (16.63%), Zinc: 2.46mg (16.38%), Copper: 0.33mg (16.31%), Iron: 2.81mg (15.62%), Vitamin E: 1.08mg (7.2%), Calcium: 71.41mg (7.14%)