

Chicken Vegetable Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound baby carrots
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 onion chopped
- ☐ 4 potatoes
- ☐ 0.5 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless cut into bite size pieces

- ☐ 3 tablespoons tomato paste
- ☐ 0.5 cup water

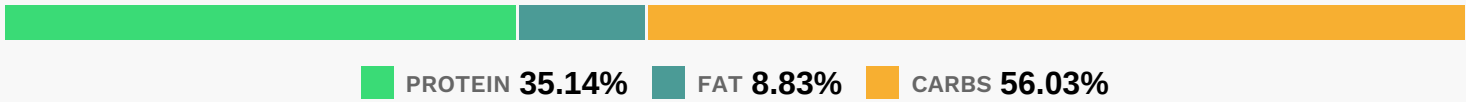
Equipment

- ☐ pot

Directions

- ☐ In a large pot, put the chopped onion, chicken breast meat, carrots and potatoes.
- ☐ Add the salt and turmeric. Dissolve the tomato paste in water and add. If desired, add garlic powder and ground black pepper to season.
- ☐ Cook for 1 to 1 1/2 hours on medium low heat.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:28.65, Inflammation Score:-10, Nutrition Score:29.551739236583%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 335.21kcal (16.76%), Fat: 3.3g (5.07%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 39.7g (14.44%), Sugar: 7g (7.78%), Cholesterol: 72.32mg (24.11%), Sodium: 576.36mg (25.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.54g (59.09%), Vitamin A: 8041.88IU (160.84%), Vitamin B6: 1.6mg (79.96%), Vitamin B3: 14.76mg (73.79%), Vitamin C: 49.49mg (59.99%), Selenium: 38.15µg (54.49%), Potassium: 1619.81mg (46.28%), Phosphorus: 394.03mg (39.4%), Fiber: 7.4g (29.59%), Manganese: 0.54mg (27.22%), Vitamin B5: 2.52mg (25.24%), Magnesium: 92.95mg (23.24%), Copper: 0.38mg (19.09%), Vitamin B1: 0.28mg (18.72%), Iron: 3.09mg (17.16%), Folate: 60.75µg (15.19%), Vitamin B2: 0.23mg (13.43%), Vitamin K: 11.51µg (10.96%), Zinc: 1.51mg (10.06%), Calcium: 62.55mg (6.26%), Vitamin E: 0.77mg (5.1%), Vitamin B12: 0.23µg (3.77%)