



Chicken, White Bean, and Spinach Stew



Gluten Free



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby spinach leaves packed coarsely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 32 ounce cannellini beans beans white rinsed drained canned
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon thyme leaves dried fresh chopped (or 1 teaspoon)
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion coarsely chopped
- ☐ 4 plum tomatoes canned drained
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup water

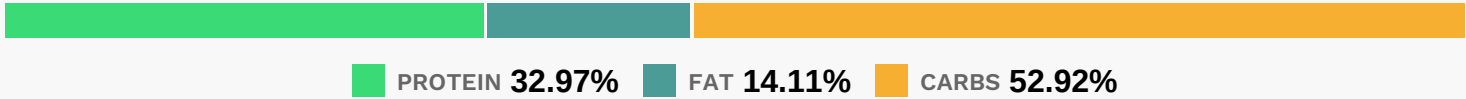
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion; cook 5 minutes or until softened, stirring.
- ☐ Add garlic and thyme; cook 1 minute, stirring.
- ☐ Add beans, water, tomatoes, and broth. Increase heat to high until stew begins to bubble. Reduce heat; let simmer 5 minutes, breaking up tomatoes with a spoon.
- ☐ Add more water, if needed.
- ☐ Add spinach, stirring until wilted.
- ☐ Add chicken; cook 2 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:13.13, Inflammation Score:-10, Nutrition Score:36.756956535837%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 413.84kcal (20.69%), Fat: 6.6g (10.16%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 55.73g (18.58%), Net Carbohydrates: 42.67g (15.52%), Sugar: 3.75g (4.16%), Cholesterol: 48mg (16%), Sodium: 674.11mg (29.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin K: 139.92µg (133.25%), Manganese: 1.64mg (82.16%), Vitamin A: 2688.29IU (53.77%), Folate: 212.44µg (53.11%), Fiber: 13.06g (52.23%), Iron: 9.35mg (51.96%), Potassium: 1671.46mg (47.76%), Vitamin B3: 9.27mg (46.34%), Vitamin B6: 0.92mg (45.76%), Selenium: 30.65µg (43.79%), Magnesium: 166.97mg (41.74%), Phosphorus: 415.48mg (41.55%), Copper: 0.67mg (33.3%), Calcium: 233.98mg (23.4%), Vitamin C: 19.19mg (23.26%), Vitamin B1: 0.34mg (22.47%), Zinc: 3.37mg (22.45%), Vitamin E: 3.31mg (22.09%), Vitamin B5: 1.73mg (17.31%), Vitamin B2: 0.25mg (14.65%), Vitamin B12: 0.35µg (5.81%)