



Chipotle-Chicken Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups carrots 1-inch-thick ()
- ☐ 3 chipotles in adobo canned drained finely chopped
- ☐ 48 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 6 garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 43.5 ounce no salt added diced tomatoes diced undrained canned
- ☐ 1 tablespoon olive oil

- ☐ 3 cups onion chopped
- ☐ 2 cups potatoes – remove skin red cubed peeled (1-inch) (1 pound)
- ☐ 0.5 teaspoon salt
- ☐ 3 pounds chicken breast cut into bite-size pieces
- ☐ 0.3 cup tomato paste

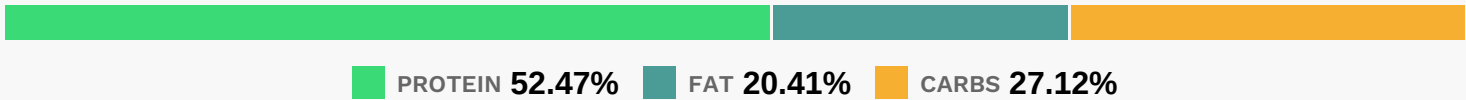
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Place a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Add the chicken; saut 7 minutes or until browned.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add oil to pan.
- ☐ Add onion; saut 7 minutes or until lightly browned.
- ☐ Add garlic; saut 1 minute.
- ☐ Add potato and the next 6 ingredients (potato through chiles); bring to a boil. Reduce heat, and simmer for 25 minutes or until vegetables are tender.
- ☐ Add chicken and salt; cover and cook for 10 minutes. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:11.61, Glycemic Load:1.38, Inflammation Score:-9, Nutrition Score:15.20608698026%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 152.3kcal (7.62%), Fat: 3.46g (5.33%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 10.34g (3.45%), Net Carbohydrates: 8.07g (2.94%), Sugar: 4.63g (5.14%), Cholesterol: 54.43mg (18.14%), Sodium: 570.97mg (24.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.04%), Vitamin B3: 10.3mg (51.49%), Vitamin A: 2190.1IU (43.8%), Selenium: 29.76µg (42.51%), Vitamin B6: 0.83mg (41.33%), Phosphorus: 227.3mg (22.73%), Potassium: 659.61mg (18.85%), Vitamin C: 13.2mg (16%), Vitamin B5: 1.51mg (15.14%), Magnesium: 40.65mg (10.16%), Vitamin B2: 0.17mg (10.09%), Manganese: 0.19mg (9.42%), Iron: 1.69mg (9.38%), Fiber: 2.27g (9.08%), Vitamin B1: 0.13mg (8.69%), Vitamin E: 1.08mg (7.22%), Copper: 0.14mg (7.1%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 5.56µg (5.29%), Zinc: 0.78mg (5.18%), Folate: 20.66µg (5.17%), Calcium: 48.69mg (4.87%)