



Cock-A-Leekie Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barley
- 0.5 cup carrots sliced
- 1 teaspoon chicken powder
- 1 leek sliced
- 4 servings salt and pepper to taste
- 2.5 cups water
- 2 pound chicken whole cut into pieces

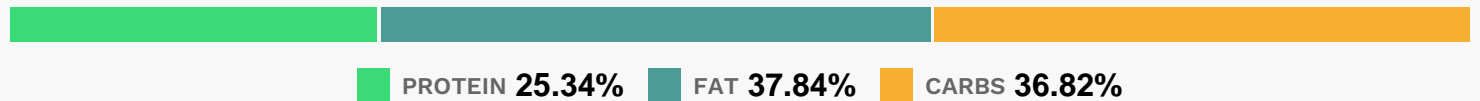
Equipment

pot

Directions

- In a large pot combine the chicken, carrots, barley, water, bouillon and salt and pepper to taste. Bring all to a boil. Reduce heat, cover and let simmer for 30 minutes or until chicken is cooked through and no longer pink inside. Skim broth as needed.
- Remove chicken from pot and add leeks. Bring back to a boil; reduce heat, cover and let simmer another 15 minutes or so, until thickened.
- Meanwhile, skin and debone the cooked chicken. Return chicken meat to thickened stew and cook for about 5 minutes to heat through.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:10.69, Inflammation Score:-9, Nutrition Score:21.749999927438%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 418.36kcal (20.92%), Fat: 17.63g (27.12%), Saturated Fat: 4.94g (30.91%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 29.78g (10.83%), Sugar: 2.08g (2.31%), Cholesterol: 81.71mg (27.24%), Sodium: 417.77mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.11%), Vitamin A: 3206.4IU (64.13%), Manganese: 1.05mg (52.28%), Vitamin B3: 9.78mg (48.9%), Selenium: 33.4µg (47.71%), Fiber: 8.81g (35.23%), Vitamin B6: 0.6mg (30.09%), Phosphorus: 295.68mg (29.57%), Vitamin B1: 0.39mg (25.79%), Magnesium: 92.87mg (23.22%), Zinc: 2.78mg (18.54%), Iron: 3.16mg (17.54%), Copper: 0.34mg (16.95%), Vitamin B2: 0.28mg (16.46%), Vitamin K: 15.21µg (14.49%), Potassium: 506.5mg (14.47%), Vitamin B5: 1.2mg (11.98%), Folate: 32.71µg (8.18%), Vitamin C: 5.36mg (6.5%), Vitamin E: 0.9mg (6.01%), Vitamin B12: 0.34µg (5.65%), Calcium: 51.05mg (5.11%), Vitamin D: 0.22µg (1.45%)