



Colombian Chicken, Corn, and Potato Stew

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



892 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 avocado pitted peeled quartered cut into 1/2-inch cubes
- 1.5 teaspoons pepper black
- 3 tablespoons capers drained
- 3.5 lb chicken cut into 8 serving pieces
- 6 cups chicken broth
- 3 ears corn
- 0.5 cup cilantro leaves fresh chopped
- 1 cup cup heavy whipping cream

- 2 teaspoons oregano dried crumbled
- 1.5 lb baking potatoes (baking)
- 1.8 teaspoons salt
- 3 tablespoons butter unsalted
- 1 cup water
- 1 large onion white finely chopped
- 2 lb yukon gold potatoes with water in a bowl peeled cut into 1/2-inch cubes, and covered

Equipment

- bowl
- pot
- tongs
- cutting board

Directions

- Pat chicken dry and season with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- Heat butter in a wide heavy 7- to 8-quart pot over moderately high heat until foam subsides, then brown chicken in 2 batches, skin side down first, turning occasionally, about 10 minutes.
- Transfer chicken as browned to a plate.
- Add onion to pot along with oregano and remaining teaspoon each salt and pepper and sauté, stirring, until light golden, about 5 minutes. Peel and coarsely grate russet potatoes and add to pot with chicken, broth, and water. Simmer, covered, stirring occasionally, until chicken is cooked through, about 25 minutes.
- Transfer chicken with tongs to a cutting board to cool.
- Drain cubed yellow potatoes and add to pot.
- Simmer, covered, stirring occasionally, until cubed potatoes are almost tender, about 10 minutes.
- Add corn and simmer, covered, until tender, 5 to 10 minutes more. While corn is cooking, remove skin and bones from chicken and coarsely shred meat.
- Add meat to pot and heat through.

Serve stew with accompaniments in separate bowls.

Nutrition Facts

PROTEIN 15.58% **FAT 54.2%** **CARBS 30.22%**

Properties

Glycemic Index:50.75, Glycemic Load:36.78, Inflammation Score:-9, Nutrition Score:36.45000005805%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg

Nutrients (% of daily need)

Calories: 891.97kcal (44.6%), Fat: 55.34g (85.13%), Saturated Fat: 20.62g (128.85%), Carbohydrates: 69.42g (23.14%), Net Carbohydrates: 55.98g (20.36%), Sugar: 8.65g (9.62%), Cholesterol: 159.83mg (53.28%), Sodium: 1793.64mg (77.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.57%), Vitamin B6: 1.64mg (81.87%), Vitamin B3: 14.6mg (73%), Vitamin C: 54.03mg (65.49%), Potassium: 2100.27mg (60.01%), Fiber: 13.43g (53.74%), Phosphorus: 471.71mg (47.17%), Manganese: 0.9mg (44.91%), Folate: 157.95µg (39.49%), Vitamin B5: 3.85mg (38.46%), Vitamin K: 40µg (38.09%), Vitamin B2: 0.63mg (36.95%), Magnesium: 144.55mg (36.14%), Vitamin B1: 0.5mg (33.31%), Copper: 0.64mg (32.12%), Selenium: 22.31µg (31.87%), Iron: 4.73mg (26.29%), Vitamin A: 1285.64IU (25.71%), Zinc: 3.64mg (24.26%), Vitamin E: 3.34mg (22.27%), Calcium: 119.78mg (11.98%), Vitamin B12: 0.52µg (8.6%), Vitamin D: 0.99µg (6.62%)