



Colombian Chicken, Corn, and Potato Stew

 Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounces avocado cut into cubes
- ☐ 0.3 cup capers drained
- ☐ 0.8 cup cilantro leaves divided chopped
- ☐ 1 cup heavy whipping cream mixed sour with 1/2 cup cream
- ☐ 3 ears corn cut into 1-inch rounds,
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 pound potato boiling
- ☐ 1 pound baking potatoes frozen thawed quartered (if) (baking)

- ☐ 2 quarts water
- ☐ 1 large onion white chopped
- ☐ 3.5 pounds chicken whole
- ☐ 1 pound yukon gold potatoes
- ☐ 1 tablespoon frangelico dried
- ☐ 1 tablespoon frangelico dried

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Put chicken in a 6- to 8-quart pot and add water, broth, onion, guascas, and 1 1/2 teaspoons salt. Bring to a boil, skimming foam, then reduce heat and simmer, covered, until chicken is cooked through, 30 to 40 minutes.
- ☐ Transfer to a plate to cool slightly (reserve broth).
- ☐ Add papas criollas to reserved broth (if using russet potatoes, peel and coarsely grate first) and simmer, uncovered, stirring occasionally, until potatoes are falling apart and beginning to thicken broth (mash if necessary), 20 to 30 minutes.
- ☐ Meanwhile, peel Yukon Golds and boiling potatoes and cut into 1-inch pieces, then add to pot and simmer, covered, stirring occasionally, until almost tender, 10 to 15 minutes.
- ☐ Add corn, 1/4 cup cilantro, and 1 teaspoon coarsely ground black pepper and simmer, covered, until corn is tender, 5 to 10 minutes.
- ☐ While corn cooks, coarsely shred chicken, discarding skin and bones.
- ☐ Add chicken to stew and cook, stirring occasionally, until heated through. Season with salt.
- ☐ Serve stew with crema, capers, avocados, and remaining 1/2 cup cilantro, each in separate bowls (or add them to stew in pot just before serving).
- ☐ Chicken can be cooked 1 day ahead and chilled in broth, uncovered, until cool, then covered. Skim off fat if desired before reheating.

Nutrition Facts



 PROTEIN **17.24%**  FAT **53.14%**  CARBS **29.62%**

Properties

Glycemic Index:33.44, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:23.852173846701%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 7.76mg, Kaempferol: 7.76mg, Kaempferol: 7.76mg, Kaempferol: 7.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 14.8mg, Quercetin: 14.8mg, Quercetin: 14.8mg, Quercetin: 14.8mg

Nutrients (% of daily need)

Calories: 583.71kcal (29.19%), Fat: 35.52g (54.65%), Saturated Fat: 12.59g (78.7%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 36.11g (13.13%), Sugar: 5.83g (6.48%), Cholesterol: 105.06mg (35.02%), Sodium: 283.08mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.84%), Vitamin B3: 10.92mg (54.61%), Vitamin B6: 1.03mg (51.51%), Potassium: 1430.02mg (40.86%), Vitamin C: 31.68mg (38.4%), Phosphorus: 342.98mg (34.3%), Fiber: 8.43g (33.73%), Folate: 105.71µg (26.43%), Vitamin B5: 2.6mg (26%), Vitamin K: 25.69µg (24.47%), Magnesium: 97.7mg (24.42%), Copper: 0.48mg (24.16%), Selenium: 15.92µg (22.74%), Manganese: 0.45mg (22.73%), Vitamin B2: 0.36mg (21.11%), Vitamin B1: 0.31mg (20.44%), Zinc: 2.54mg (16.92%), Iron: 3.04mg (16.88%), Vitamin A: 841.73IU (16.83%), Vitamin E: 2.01mg (13.4%), Calcium: 75.25mg (7.52%), Vitamin B12: 0.4µg (6.7%), Vitamin D: 0.67µg (4.44%)