



Colombian Chicken, Corn, and Potato Stew: Ajiaco

 Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound baking potatoes
- 3 tablespoons capers drained
- 3.5 pound meat from a rotisserie chicken cut into 8 pieces
- 6 cups chicken broth
- 3 ears corn
- 0.5 cup cilantro leaves fresh chopped
- 3 hass avocados pitted ripe peeled quartered cut into 1/2-inch cubes

- 1 cup heavy cream
- 2 teaspoons oregano dried crumbled
- 6 servings salt and pepper black freshly ground
- 3 tablespoons butter unsalted
- 1 cup water
- 1 large onion white finely chopped
- 2 pounds yellow-fleshed potatoes such as yukon gold with water in a bowl peeled cut into 1/2-inch cubes, and covered

Equipment

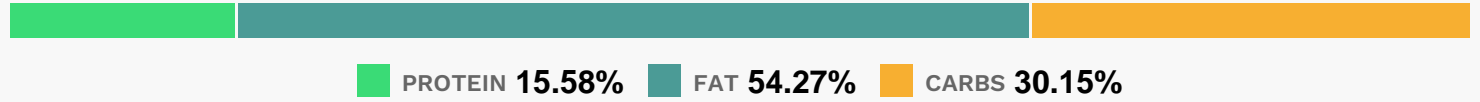
- bowl
- pot
- tongs
- cutting board
- box grater

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 1 teaspoon each salt and pepper, and saute, stirring, until light golden, about 5 minutes. Peel and coarsely grate the baking potatoes with a box grater, and add to the pot.
- Add back the 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 the 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



Properties

Glycemic Index:50.75, Glycemic Load:36.73, Inflammation Score:-9, Nutrition Score:36.223913234213%

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: 890.97kcal (44.55%), Fat: 55.32g (85.11%), Saturated Fat: 20.61g (128.82%), Carbohydrates: 69.16g (23.05%), Net Carbohydrates: 55.83g (20.3%), Sugar: 8.65g (9.61%), Cholesterol: 159.83mg (53.28%), Sodium: 1115.29mg (48.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.74g (71.49%), Vitamin B6: 1.64mg (81.81%), Vitamin B3: 14.6mg (72.98%), Vitamin C: 54.03mg (65.49%), Potassium: 2094.82mg (59.85%), Fiber: 13.33g (53.33%), Phosphorus: 471.08mg (47.11%), Manganese: 0.85mg (42.27%), Folate: 157.88µg (39.47%), Vitamin B5: 3.84mg (38.4%), Vitamin K: 39.34µg (37.47%), Vitamin B2: 0.63mg (36.9%), Magnesium: 143.85mg (35.96%), Vitamin B1: 0.5mg (33.28%), Selenium: 22.29µg (31.84%), Copper: 0.64mg (31.83%), Iron: 4.69mg (26.04%), Vitamin A: 1283.46IU (25.67%), Zinc: 3.63mg (24.22%), Vitamin E: 3.34mg (22.25%), Calcium: 117.59mg (11.76%), Vitamin B12: 0.52µg (8.6%), Vitamin D: 0.99µg (6.62%)