



Colombian Chicken Stew (Ajiaco)



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados diced pitted peeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 8 potatoes cubed peeled
- ☐ 1 teaspoon salt
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

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15.3 ounce kernel corn whole drained canned

Equipment

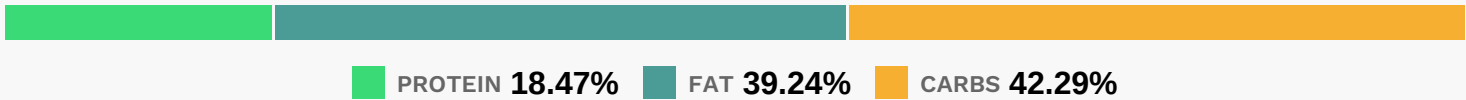
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pot

Directions

- ☐
- Put chicken pieces in a large pot over medium heat with enough water to cover the chicken; bring to a boil and let simmer until the chicken is falling off the bones, about 45 minutes.
- ☐
- Remove chicken from pot, reserving the water in the pot. Allow the chicken to cool enough to be able to remove the meat from bones and shred into strands.
- ☐
- Return the water to medium heat; add the potatoes, onion, salt, pepper, and garlic powder to the water; cook until the potatoes and onion are soft; about 30 minutes. Once the potatoes are tender, use a masher to mash the potatoes into the broth, resulting in a thickened broth. Stir in the shredded chicken and corn; cook until heated through completely.
- ☐
- Add the avocado and cilantro just before serving; garnish with sour cream.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:37.24, Inflammation Score:-8, Nutrition Score:28.74956515561%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 622.41kcal (31.12%), Fat: 27.56g (42.41%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 66.84g (22.28%), Net Carbohydrates: 55.67g (20.24%), Sugar: 3.45g (3.83%), Cholesterol: 81.65mg (27.22%), Sodium: 604.22mg (26.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.38%), Vitamin C: 67.15mg (81.4%), Vitamin B6: 1.42mg (70.96%), Vitamin B3: 12.16mg (60.8%), Potassium: 1847.66mg (52.79%), Fiber: 11.17g (44.7%),

Phosphorus: 393.49mg (39.35%), Manganese: 0.66mg (33.16%), Folate: 131.21µg (32.8%), Magnesium: 117.23mg (29.31%), Vitamin B5: 2.79mg (27.95%), Copper: 0.52mg (26.17%), Selenium: 16.97µg (24.24%), Vitamin B1: 0.36mg (23.9%), Vitamin K: 23.79µg (22.65%), Iron: 3.82mg (21.23%), Zinc: 2.93mg (19.51%), Vitamin B2: 0.33mg (19.2%), Vitamin E: 1.77mg (11.78%), Calcium: 62.11mg (6.21%), Vitamin A: 303.08IU (6.06%), Vitamin B12: 0.34µg (5.62%), Vitamin D: 0.22µg (1.45%)