



Creamy Chicken and Mushroom Stew

READY IN



38 min.

SERVINGS



5

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 8 ounce mushrooms quartered
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 2 cups potatoes diced refrigerated with onion (such as simply potatoes)
- 10.8 ounce 0%-reduced-sodium cream of chicken soup reduced-fat canned

- 0.3 teaspoon salt
- 0.8 pound chicken breast boneless skinless cut into bite-sized pieces

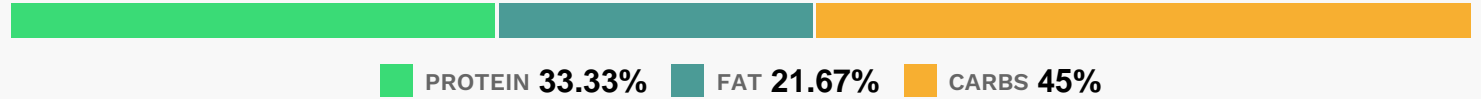
Equipment

- dutch oven

Directions

- Heat a Dutch oven coated with cooking spray over medium-high heat.
- Add chicken; saut 2 minutes.
- Add garlic; cook 15 seconds.
- Stir in potato, mushrooms, and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until potato is tender, stirring occasionally.
- Remove from heat; stir in sour cream and salt.
- Sprinkle each serving evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:47.35, Glycemic Load:11.87, Inflammation Score:-6, Nutrition Score:17.792608722397%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 241.83kcal (12.09%), Fat: 5.85g (9.01%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 23.92g (8.7%), Sugar: 6.55g (7.28%), Cholesterol: 54.03mg (18.01%), Sodium: 762mg (33.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.52%), Vitamin B3: 10.16mg (50.81%), Vitamin B6: 0.88mg (43.79%), Selenium: 29.1µg (41.57%), Potassium: 1253.56mg (35.82%), Vitamin C: 23.39mg (28.36%), Vitamin K: 28.4µg (27.05%), Phosphorus: 267.35mg (26.73%), Vitamin B5: 2.05mg (20.5%), Vitamin B2: 0.33mg

(19.64%), Copper: 0.29mg (14.63%), Fiber: 3.44g (13.75%), Manganese: 0.25mg (12.3%), Magnesium: 48.69mg (12.17%), Vitamin B1: 0.18mg (12.07%), Vitamin A: 479.25IU (9.58%), Folate: 35.79µg (8.95%), Iron: 1.46mg (8.12%), Zinc: 1.09mg (7.28%), Vitamin B12: 0.42µg (6.92%), Calcium: 62.82mg (6.28%), Vitamin E: 0.23mg (1.54%), Vitamin D: 0.2µg (1.37%)