



Creamy Chicken Stew

READY IN



65 min.

SERVINGS



6

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 4 large carrots peeled chopped
- 3.5 cups chicken broth
- 3 lbs chicken pieces
- 28 ounce corn canned (drain or use juice in place of water)
- 0.8 cup wine dry white (or use 1-)
- 4 tablespoons flour
- 1 teaspoon thyme dried fresh chopped (or use 1-2 tablespoons thyme,)
- 2 tablespoons garlic fresh minced

- 2 tablespoons cooking oil (more if needed)
- 2 large onion halved sliced
- 0.3 cup parmesan cheese grated
- 6 servings bell pepper
- 2 lbs potatoes peeled cut into 1-inch cubes
- 1 teaspoon pepper red crushed
- 6 servings salt and pepper
- 6 servings lawry's seasoned salt (can use regular salt)
- 0.8 cup corn canned (in place of the water just use the juice from the corn)
- 0.5 cup whipping cream

Equipment

- bowl
- whisk
- pot

Directions

- Season the chicken pieces with salt and pepper.
- Heat the oil with butter in a large heavy pot over medium heat. Brown the chicken on all sides (about 8 minutes per side) then transfer to a large bowl. To the same pot add in onion, garlic, red pepper flakes (if using) and thyme; saute stirring occasionally for about 4-5 minutes.
- Add in flour and cook, stirring 1 minute.
- Whisk in broth, water and wine; bring to a boil, whisking continuously.
- Add in potatoes, carrots and corn; mix to combine, cover with lid and simmer for 10 minutes, stirring occasionally.
- Add in the whipping cream and Parmesan cheese (if using); mix to combine, then add in the browned chicken back to the pot along with any juices from the bowl, season with salt and pepper; cover and simmer until the chicken is cooked and the veggies are tender (about 25-50 minutes, or longer).

Nutrition Facts

PROTEIN 19.68% FAT 47.42% CARBS 32.9%

Properties

Glycemic Index:59.93, Glycemic Load:25.96, Inflammation Score:-10, Nutrition Score:36.252608776093%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 834.91kcal (41.75%), Fat: 43.1g (66.31%), Saturated Fat: 15.09g (94.3%), Carbohydrates: 67.28g (22.43%), Net Carbohydrates: 59.82g (21.75%), Sugar: 10.23g (11.37%), Cholesterol: 154.48mg (51.49%), Sodium: 1413.38mg (61.45%), Alcohol: 3.09g (100%), Alcohol %: 0.47% (100%), Protein: 40.25g (80.49%), Vitamin A: 11123.77IU (222.48%), Vitamin C: 137.75mg (166.97%), Vitamin B3: 15.23mg (76.15%), Vitamin B6: 1.4mg (69.87%), Phosphorus: 486.23mg (48.62%), Potassium: 1584.61mg (45.27%), Selenium: 27.86µg (39.8%), Manganese: 0.76mg (38.11%), Folate: 141.4µg (35.35%), Vitamin B2: 0.53mg (31.23%), Fiber: 7.45g (29.81%), Magnesium: 111.89mg (27.97%), Vitamin B1: 0.41mg (27.53%), Zinc: 3.72mg (24.83%), Vitamin B5: 2.42mg (24.16%), Iron: 4.23mg (23.5%), Vitamin E: 3.31mg (22.07%), Vitamin K: 23.12µg (22.02%), Copper: 0.38mg (19.19%), Calcium: 139.98mg (14%), Vitamin B12: 0.6µg (10.02%), Vitamin D: 0.65µg (4.31%)