



Creamy Homemade Chicken Stew

READY IN



375 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound button mushrooms fresh
- ☐ 2 large carrots coarsely chopped
- ☐ 1 cup chicken broth
- ☐ 1.5 pounds chicken leg meat
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper black

- ☐ 1 cup lowfat evaporated milk
- ☐ 2 cups pearl onions
- ☐ 2.3 cups peas green frozen thawed
- ☐ 2 potatoes cubed peeled
- ☐ 0.5 teaspoon salt

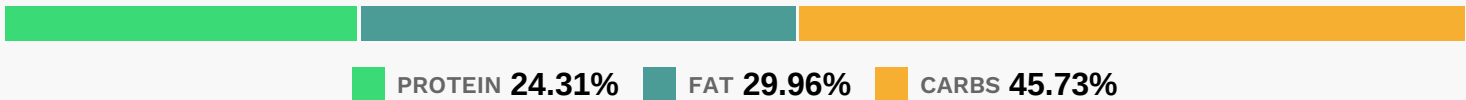
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In a small bowl stir together evaporated milk and flour until smooth.
- ☐ Place chicken, mushrooms, potatoes, onions, carrots and peas in slow cooker.
- ☐ Pour in milk mixture and broth. Season with salt, pepper, marjoram and rosemary. Cook on low 6 hours. Stir in parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:110.73, Glycemic Load:25.33, Inflammation Score:-10, Nutrition Score:38.283913166627%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg, Isorhamnetin: 5.93mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 24.85mg, Quercetin: 24.85mg, Quercetin: 24.85mg, Quercetin: 24.85mg

Nutrients (% of daily need)

Calories: 523.14kcal (26.16%), Fat: 17.68g (27.21%), Saturated Fat: 4.45g (27.81%), Carbohydrates: 60.73g (20.24%), Net Carbohydrates: 49.5g (18%), Sugar: 20.57g (22.85%), Cholesterol: 102.22mg (34.07%), Sodium: 711.56mg (30.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.57%), Vitamin A: 7055.25IU (141.1%),

Vitamin K: 91.51µg (87.15%), Vitamin C: 71.46mg (86.62%), Vitamin B3: 11.62mg (58.09%), Vitamin B6: 1.05mg (52.39%), Fiber: 11.24g (44.94%), Vitamin B2: 0.75mg (44.14%), Selenium: 30.67µg (43.82%), Phosphorus: 432.32mg (43.23%), Manganese: 0.86mg (43.04%), Potassium: 1444.24mg (41.26%), Vitamin B1: 0.6mg (39.81%), Folate: 137.78µg (34.44%), Copper: 0.67mg (33.57%), Vitamin B5: 2.94mg (29.37%), Magnesium: 98.1mg (24.52%), Zinc: 3.61mg (24.09%), Iron: 4.14mg (23.02%), Calcium: 110.58mg (11.06%), Vitamin B12: 0.59µg (9.81%), Vitamin E: 0.66mg (4.38%), Vitamin D: 0.27µg (1.78%)