



Cuban Chicken-and-Plantain Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14.3 ounce chicken broth canned
- 1 cup cooking sherry dry
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 0.5 cup bell pepper green chopped
- 1 teaspoon ground cumin
- 1 tablespoon olive oil

- 1 cup onion chopped
- 1 teaspoon oregano dried
- 1.5 teaspoons paprika
- 0.8 pound plantains sliced
- 1.5 cups plum tomatoes chopped
- 0.3 teaspoon salt
- 0.8 pound skinned cut into bite-size pieces

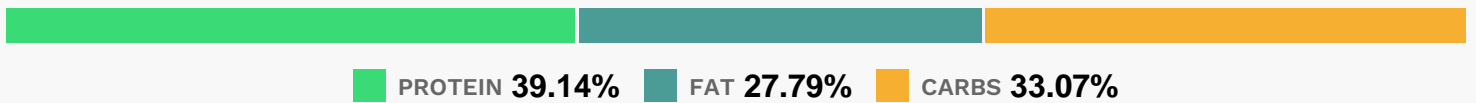
Equipment

- dutch oven

Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add chicken, onion, and bell pepper; saut for 5 minutes, stirring frequently. Stir in tomato and next 8 ingredients (tomato through broth). Bring to a boil; reduce heat, and simmer 15 minutes. Stir in plantains; cook 10 minutes or until tender.
- Sprinkle with parsley.
- Note: Beef broth is used to help deepen the flavor in this stew, but chicken broth is a fine substitute.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:29.447826001955%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg

Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 511.97kcal (25.6%), Fat: 14.69g (22.6%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 35.16g (12.79%), Sugar: 20.08g (22.31%), Cholesterol: 104.93mg (34.98%), Sodium: 746.74mg (32.47%), Alcohol: 6.18g (100%), Alcohol %: 1.61% (100%), Protein: 46.54g (93.09%), Vitamin K: 74.65µg (71.09%), Selenium: 47.65µg (68.07%), Vitamin B3: 12.75mg (63.77%), Vitamin B6: 1.27mg (63.48%), Vitamin C: 49.94mg (60.54%), Vitamin A: 2527.64IU (50.55%), Phosphorus: 417mg (41.7%), Potassium: 1278.41mg (36.53%), Magnesium: 99.65mg (24.91%), Zinc: 3.61mg (24.04%), Manganese: 0.48mg (23.95%), Vitamin B12: 1.18µg (19.67%), Iron: 3.5mg (19.45%), Vitamin B2: 0.31mg (18.23%), Vitamin B5: 1.68mg (16.83%), Fiber: 4.16g (16.65%), Folate: 52.21µg (13.05%), Vitamin E: 1.89mg (12.59%), Vitamin B1: 0.18mg (12.22%), Copper: 0.24mg (12.06%), Calcium: 66.79mg (6.68%), Vitamin D: 0.19µg (1.24%)