



Curried Chicken and Chickpea Stew



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 oz chickpeas rinsed drained canned
- ☐ 28 oz canned tomatoes diced with juice canned
- ☐ 1 tablespoon curry powder
- ☐ 4 cloves garlic finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 onions thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds chicken breasts boneless skinless cut into 2-inch pieces

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1.5 pounds chicken thighs boneless skinless cut into 2-inch pieces

Equipment

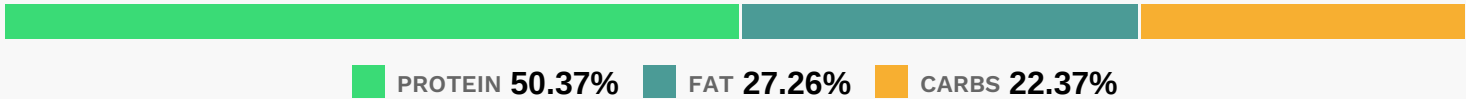
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slow cooker

Directions

- ☐ Combine chicken, olive oil, curry powder and salt in slow cooker and toss to coat.
- ☐ Sprinkle onions and garlic on top of chicken.
- ☐ Pour tomatoes on top. Cover and cook on low for 6 to 8 hours.
- ☐ During last hour of cooking, stir in chickpeas.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:12.79, Glycemic Load:4.61, Inflammation Score:-6, Nutrition Score:22.378695640875%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 322.86kcal (16.14%), Fat: 9.66g (14.86%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 12.42g (4.52%), Sugar: 1.2g (1.34%), Cholesterol: 135.23mg (45.08%), Sodium: 617.02mg (26.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.16g (80.32%), Vitamin B6: 1.58mg (78.93%), Selenium: 49.04µg (70.06%), Vitamin B3: 13.83mg (69.14%), Manganese: 0.99mg (49.45%), Phosphorus: 435.58mg (43.56%), Vitamin B5: 2.59mg (25.93%), Fiber: 5.43g (21.7%), Potassium: 733.92mg (20.97%), Magnesium: 75.41mg (18.85%), Zinc: 2.61mg (17.43%), Vitamin B2: 0.26mg (15.45%), Iron: 2.62mg (14.55%), Copper: 0.25mg (12.73%), Vitamin B1: 0.18mg (12.17%), Vitamin B12: 0.71µg (11.91%), Folate: 39.81µg (9.95%), Calcium: 61.85mg (6.18%), Vitamin E: 0.74mg (4.92%), Vitamin C: 3.72mg (4.5%), Vitamin K: 4.57µg (4.36%), Vitamin A: 69.95IU (1.4%)