



Dijon Chicken Stew with Potatoes and Kale

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free divided
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 ounces flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 5 ounces torn kale loosely packed

- ☐ 2 cups leek sliced
- ☐ 4 teaspoons olive oil divided
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 pound chicken breast boneless skinless cut into bite-sized pieces
- ☐ 1 pound chicken thighs boneless skinless cut into bite-sized pieces
- ☐ 1.5 cups water
- ☐ 2 cups potatoes white cubed peeled () (1 pound)

Equipment

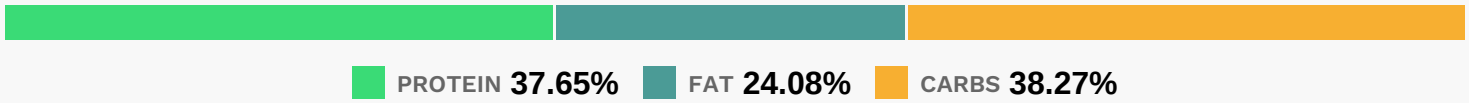
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat 1 teaspoon oil in a Dutch oven over medium-high heat.
- ☐ Add leek; saut 6 minutes or until tender and golden brown.
- ☐ Add garlic; saut 1 minute. Spoon leek mixture into a large bowl.
- ☐ Place 1/3 cup flour in a shallow bowl or pie plate. Dredge chicken in flour, shaking off excess.
- ☐ Heat remaining 1 tablespoon oil in pan over medium-high heat.
- ☐ Add half of chicken mixture; sprinkle with 1/8 teaspoon salt and 1/8 teaspoon black pepper. Cook 6 minutes, browning on all sides.
- ☐ Add browned chicken to leek mixture. Repeat procedure with remaining chicken mixture, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.
- ☐ Add wine to pan, scraping pan to loosen browned bits.
- ☐ Combine 1 cup broth and 1 tablespoon flour, stirring with a whisk until smooth.
- ☐ Add broth mixture, remaining 2 cups broth, water, and mustard to pan; bring to a boil. Stir in chicken mixture, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper. Cover, reduce heat, and simmer 30 minutes.

- ☐ Stir in potato. Cover and simmer 30 minutes or until potato is tender. Stir in kale; cover and simmer 10 minutes.
- ☐ Garnish with crushed red pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:67.79, Glycemic Load:16.27, Inflammation Score:-9, Nutrition Score:27.850869738537%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg, Isorhamnetin: 5.58mg Kaempferol: 12.49mg, Kaempferol: 12.49mg, Kaempferol: 12.49mg, Kaempferol: 12.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 317.85kcal (15.89%), Fat: 7.72g (11.88%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 23.87g (8.68%), Sugar: 2.63g (2.92%), Cholesterol: 96.01mg (32%), Sodium: 852.87mg (37.08%), Alcohol: 4.12g (100%), Alcohol %: 1.1% (100%), Protein: 27.17g (54.34%), Vitamin K: 112.02µg (106.68%), Vitamin A: 2890.34IU (57.81%), Selenium: 37.28µg (53.26%), Vitamin B3: 10.61mg (53.03%), Vitamin C: 42.26mg (51.22%), Vitamin B6: 1.02mg (51.22%), Phosphorus: 326.49mg (32.65%), Manganese: 0.63mg (31.45%), Potassium: 881.87mg (25.2%), Vitamin B2: 0.36mg (21.44%), Vitamin B5: 1.96mg (19.62%), Vitamin B1: 0.29mg (19.26%), Magnesium: 72.21mg (18.05%), Iron: 3.16mg (17.56%), Folate: 68.02µg (17%), Fiber: 3.76g (15.05%), Vitamin B12: 0.79µg (13.11%), Zinc: 1.92mg (12.78%), Copper: 0.24mg (12.13%), Calcium: 114.49mg (11.45%), Vitamin E: 1.05mg (7.03%)