



Down-Home Chicken Stew

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baking potato diced divided peeled
- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup carrots sliced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 32 ounce less-sodium chicken broth fat-free divided canned
- ☐ 4 garlic cloves minced
- ☐ 2 cups leek thinly sliced (2 large)
- ☐ 3 tablespoons milk 2% reduced-fat

- ☐ 0.5 teaspoon pepper sauce hot
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound skinned cut into 1/2-inch pieces
- ☐ 1 teaspoon stick margarine
- ☐ 4 cups torn turnip greens
- ☐ 6 ounces turnips diced peeled
- ☐ 1 teaspoon vinegar white

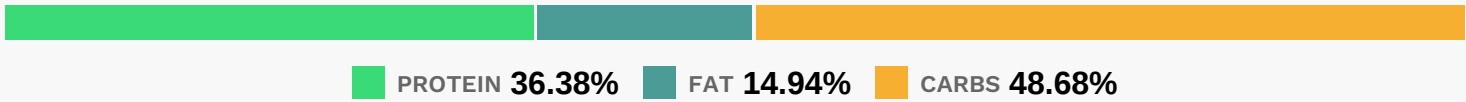
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine 1 cup potato, turnips, and 1 can of broth in a small saucepan, and bring to a boil. Reduce heat; simmer 8 minutes or until tender.
- ☐ Combine potato mixture and milk in a blender or food processor; process until smooth.
- ☐ Heat the butter in a large, heavy saucepan over medium-low heat.
- ☐ Add leek, thyme, and garlic; saut 12 minutes or until leek is tender.
- ☐ Add 1 cup of potato, 1 can of broth, and carrot. Cover and simmer 8 minutes. Stir in the greens and chicken. Cover and simmer 12 minutes or until chicken is done. Stir in the potato pure, vinegar, pepper sauce, salt, and pepper; simmer, uncovered, 6 minutes.

Nutrition Facts



Properties

Glycemic Index:69.72, Glycemic Load:12.13, Inflammation Score:-10, Nutrition Score:29.02739123417%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 204.1kcal (10.21%), Fat: 3.45g (5.31%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 21.03g (7.65%), Sugar: 5.38g (5.98%), Cholesterol: 44.26mg (14.75%), Sodium: 1030.1mg (44.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.86%), Vitamin A: 10042.66IU (200.85%), Vitamin K: 135.38µg (128.93%), Vitamin C: 44.73mg (54.22%), Vitamin B6: 1.04mg (52.09%), Vitamin B3: 9.56mg (47.8%), Selenium: 27.73µg (39.62%), Folate: 132.16µg (33.04%), Manganese: 0.65mg (32.37%), Potassium: 923.14mg (26.38%), Phosphorus: 257.67mg (25.77%), Copper: 0.36mg (18.11%), Vitamin B5: 1.77mg (17.71%), Fiber: 4.3g (17.18%), Magnesium: 65.9mg (16.48%), Calcium: 161.32mg (16.13%), Iron: 2.73mg (15.17%), Vitamin B2: 0.23mg (13.33%), Vitamin B1: 0.2mg (13.18%), Vitamin E: 1.95mg (13.01%), Vitamin B12: 0.55µg (9.13%), Zinc: 0.97mg (6.46%)