



Easy Chicken and Bean Stew

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1.5 cups bell pepper frozen (from 1-lb bag)
- ☐ 1.5 cups roasted chicken diced cooked
- ☐ 14.5 oz canned tomatoes italian-style undrained canned
- ☐ 8 oz tomato sauce canned
- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 2 tablespoons basil fresh chopped

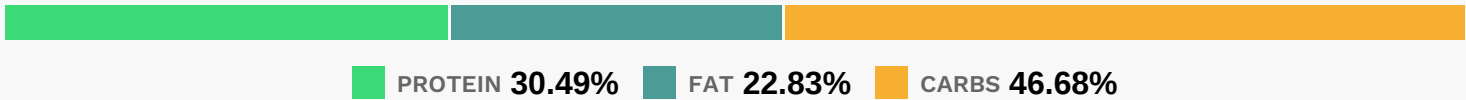
Equipment

☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add stir-fry vegetables; cook 2 to 4 minutes, stirring frequently, until crisp-tender.
- ☐ Stir in turkey, tomatoes, tomato sauce and beans.
- ☐ Heat to boiling. Reduce heat to medium; simmer uncovered 5 to 10 minutes, stirring occasionally and breaking up tomatoes, until thoroughly heated.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:9.19, Inflammation Score:-9, Nutrition Score:26.805652037911%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 301.06kcal (15.05%), Fat: 7.92g (12.19%), Saturated Fat: 1.39g (8.66%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 27.34g (9.94%), Sugar: 9.2g (10.22%), Cholesterol: 39.38mg (13.13%), Sodium: 451.37mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Vitamin C: 85.12mg (103.18%), Vitamin A: 2290.18IU (45.8%), Manganese: 0.88mg (43.96%), Fiber: 9.1g (36.38%), Potassium: 1193.23mg (34.09%), Vitamin B6: 0.67mg (33.44%), Vitamin B3: 6.63mg (33.16%), Iron: 5.97mg (33.15%), Vitamin E: 4.44mg (29.63%), Folate: 116.57µg (29.14%), Copper: 0.54mg (27.16%), Phosphorus: 260.82mg (26.08%), Magnesium: 101.65mg (25.41%), Selenium: 15.63µg (22.33%), Vitamin K: 19.5µg (18.57%), Vitamin B1: 0.26mg (17.05%), Zinc: 2.54mg (16.92%), Vitamin B2: 0.26mg (15%), Vitamin B5: 1.35mg (13.47%), Calcium: 132.47mg (13.25%), Vitamin B12: 0.15µg (2.54%)