



Easy Chicken Stew with Apple

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple cider
- 3 macintosh apples cored peeled chopped
- 2 bay leaves
- 0.3 teaspoon caraway seeds
- 4 carrots sliced
- 1 stalk celery sliced
- 3 cups chicken stock see
- 1 tablespoon cider vinegar

- 1 teaspoon thyme leaves dried
- 0.3 cup parsley fresh chopped
- 1 large clove garlic minced
- 0.5 teaspoon ground pepper black
- 2 tablespoons olive oil
- 2 parsnips sliced
- 4 potatoes cut into cubes
- 1 cup onion red chopped
- 2 teaspoons salt
- 3 chicken breast halves boneless skinless cut into cubes

Equipment

- pot

Directions

- Heat the olive oil in a large pot over medium heat; cook the chicken in the hot oil until it has begun to brown.
- Add the bay leaves, salt, thyme, black pepper, caraway seeds, red onion, garlic, celery, potatoes, carrots, parsnips, apples, chicken stock, apple cider, and cider vinegar to the pot. There should be enough liquid to just cover the vegetables. If not, add more chicken stock to cover the vegetables.
- Bring the mixture to a simmer and cook, stirring occasionally, until the carrots are tender, about 30 minutes.
- Remove the bay leaves and garnish with the parsley to serve.

Nutrition Facts



Properties

Glycemic Index:74.72, Glycemic Load:30.53, Inflammation Score:-10, Nutrition Score:29.987825715024%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg, Quercetin: 11.15mg

Nutrients (% of daily need)

Calories: 412.16kcal (20.61%), Fat: 8.3g (12.77%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 67g (22.33%), Net Carbohydrates: 57.06g (20.75%), Sugar: 25.7g (28.56%), Cholesterol: 39.76mg (13.25%), Sodium: 1066.35mg (46.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.4%), Vitamin A: 7117.81IU (142.36%), Vitamin K: 71.05µg (67.67%), Vitamin C: 50.75mg (61.51%), Vitamin B6: 1.12mg (55.85%), Vitamin B3: 10.29mg (51.45%), Potassium: 1512.6mg (43.22%), Fiber: 9.93g (39.73%), Manganese: 0.76mg (38.17%), Selenium: 22.46µg (32.09%), Phosphorus: 311.28mg (31.13%), Folate: 87.89µg (21.97%), Magnesium: 86.32mg (21.58%), Vitamin B1: 0.32mg (21.02%), Copper: 0.37mg (18.55%), Vitamin B5: 1.8mg (18.05%), Vitamin B2: 0.31mg (17.99%), Iron: 2.72mg (15.11%), Vitamin E: 2.1mg (13.99%), Zinc: 1.47mg (9.8%), Calcium: 85.84mg (8.58%), Vitamin B12: 0.11µg (1.88%)