



Estofado de Pollo con Tocineta (Chicken Stew with Bacon)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



917 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz bacon cut into pieces
- ☐ 1 cup carrots diced
- ☐ 2 cups chicken broth
- ☐ 8 chicken legs
- ☐ 1 cup regular corn frozen
- ☐ 4 garlic cloves minced
- ☐ 1 cup green beans cut into small pieces

- ☐ 1 bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper to taste
- ☐ 1 tablespoon oil
- ☐ 1 onion diced
- ☐ 1 cup peas frozen
- ☐ 1 bell pepper red chopped
- ☐ 2 scallions finely chopped
- ☐ 2 tablespoon tomato paste
- ☐ 1 cup tomatoes crushed

Equipment

- ☐ pot

Directions

- ☐ Season the chicken on both sides with salt and black pepper. In a large pot over medium-high heat, warm the oil.
- ☐ Add the chicken pieces, in batches if necessary. Cook, turning once, until browned on both sides, about 5 minutes per side.
- ☐ Transfer to a plate.
- ☐ Add the bacon, scallions, garlic, bell peppers and onion to the pot. Season with salt and pepper and cook until they are tender, about 5 minutes.
- ☐ Add the cumin, tomatoes, tomato paste, the chicken broth and bring to a boil. Return the chicken to the pot, reduce the heat to low, cover and simmer, about 20 minutes.
- ☐ Add the peas, corn, carrots and green beans. Cover and continue cooking for 10 minutes more. Uncover and simmer until the chicken is tender, about 15 minutes more.
- ☐ Serve warm over white rice.

Nutrition Facts



 **PROTEIN 23.79%**  **FAT 61.16%**  **CARBS 15.05%**

Properties

Glycemic Index:97.04, Glycemic Load:6.15, Inflammation Score:-10, Nutrition Score:43.408260780832%

Flavonoids

Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg, Luteolin: 1.66mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg, Quercetin: 7.82mg

Nutrients (% of daily need)

Calories: 917.22kcal (45.86%), Fat: 62.84g (96.67%), Saturated Fat: 17.37g (108.54%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 26.55g (9.65%), Sugar: 11.92g (13.25%), Cholesterol: 270.02mg (90.01%), Sodium: 1110.03mg (48.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55g (110.01%), Vitamin A: 7430.9IU (148.62%), Vitamin C: 96.68mg (117.19%), Vitamin B3: 17.66mg (88.29%), Selenium: 58.02µg (82.88%), Vitamin B6: 1.49mg (74.4%), Phosphorus: 619.09mg (61.91%), Vitamin K: 54.01µg (51.44%), Potassium: 1450.74mg (41.45%), Vitamin B1: 0.62mg (41.41%), Vitamin B2: 0.69mg (40.77%), Zinc: 5.71mg (38.06%), Manganese: 0.75mg (37.4%), Vitamin B5: 3.48mg (34.76%), Fiber: 8.23g (32.93%), Magnesium: 119.81mg (29.95%), Vitamin B12: 1.68µg (27.98%), Iron: 5.02mg (27.89%), Folate: 100.23µg (25.06%), Copper: 0.49mg (24.39%), Vitamin E: 3.52mg (23.46%), Calcium: 111.14mg (11.11%), Vitamin D: 0.43µg (2.85%)