



 **28%**
HEALTH SCORE

Chicken Creole

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons basil dried fresh minced
- 3 tablespoons basil dried fresh minced
- 8 ounce tomato sauce canned
- 0.5 cup carrots thinly sliced
- 1 cup wine dry white
- 4 garlic clove minced
- 1 cup ham cubed reduced-sodium (1-inch)
- 1 teaspoon hot sauce

- 2 tablespoons olive oil
- 1 cup onion finely chopped
- 2 tablespoons oregano dried fresh minced
- 0.5 cup peas green frozen
- 2 ounce pimientos diced
- 0.5 teaspoon salt
- 2 pounds chicken breast cut into 1-inch cubes
- 0.5 teaspoon sugar
- 2 cups canned tomatoes peeled seeded finely chopped
- 0.3 cup water

Equipment

- frying pan
- dutch oven

Directions

- Heat oil in a Dutch oven over medium heat until hot.
- Add chicken and ham; saut 10 minutes or until chicken is browned.
- Remove mixture from pan.
- Add onion, basil, oregano, and garlic to pan. Saut 5 minutes or until onion is tender; stir occasionally.
- Add tomato and next 8 ingredients (tomato through pimento); bring to a boil. Return chicken mixture to pan; cover, reduce heat, and simmer 40 minutes. Stir in peas; cook 2 minutes.

Nutrition Facts



Properties

Glycemic Index:78.04, Glycemic Load:2.78, Inflammation Score:-10, Nutrition Score:28.232608695652%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 362.48kcal (18.12%), Fat: 12.95g (19.92%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 10.49g (3.81%), Sugar: 6.7g (7.45%), Cholesterol: 111.23mg (37.08%), Sodium: 971.4mg (42.23%), Alcohol: 4.12g (22.89%), Protein: 39.76g (79.51%), Vitamin B3: 18.37mg (91.84%), Selenium: 54.77µg (78.25%), Vitamin B6: 1.51mg (75.27%), Vitamin A: 2563.58IU (51.27%), Phosphorus: 433.28mg (43.33%), Vitamin C: 30.69mg (37.19%), Potassium: 1073.99mg (30.69%), Vitamin K: 30.84µg (29.37%), Vitamin B5: 2.6mg (25.98%), Vitamin B1: 0.35mg (23.02%), Manganese: 0.42mg (21.15%), Magnesium: 77.23mg (19.31%), Vitamin B2: 0.33mg (19.22%), Iron: 3.21mg (17.84%), Vitamin E: 2.63mg (17.5%), Fiber: 3.81g (15.24%), Zinc: 1.99mg (13.27%), Copper: 0.23mg (11.44%), Folate: 37.97µg (9.49%), Calcium: 90.52mg (9.05%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.31µg (2.1%)