



Green Chile Chicken Stew

 Dairy Free

READY IN

ready

190 min.

SERVINGS

servings

10

CALORIES

calories

292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chile peppers green canned chopped
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 5 carrots chopped
- ☐ 5 stalks celery chopped
- ☐ 1 tablespoon basil dried
- ☐ 1 teaspoon marjoram dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 tablespoons flour all-purpose

- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 onion chopped
- ☐ 4 habanero peppers minced seeded
- ☐ 3 potatoes cubed peeled
- ☐ 10 servings salt and pepper to taste
- ☐ 4 pound meat from a rotisserie chicken whole

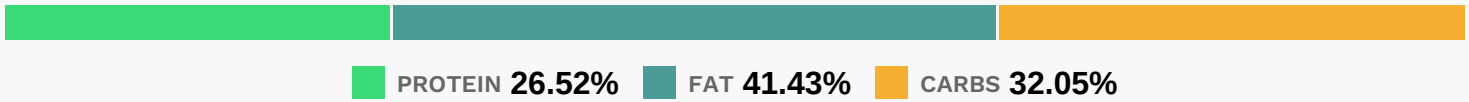
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Put the chicken in a large pot over medium heat and add water to cover.
- ☐ Add the cumin, thyme, marjoram and basil. Bring to a boil, reduce heat to medium low and simmer for 2 1/2 hours (or pressure cook for 45 minutes).
- ☐ Remove the chicken from the pot and allow it to cool. Discard the bones and the skin and chop the chicken meat into bite-size pieces.
- ☐ Return the chicken to the pot and add the green chile peppers, habanero chile peppers, onion, garlic, carrots, celery, tomatoes and potatoes. Simmer for 30 minutes, or until the potatoes and carrots are tender (or pressure cook for 10 minutes). In a separate small bowl, mix the flour with some water and add to the soup, stirring well so the flour does not clump. Raise heat, bring just to a boil and remove from heat. Season with salt and pepper to taste and serve.

Nutrition Facts



Properties

Glycemic Index:34.76, Glycemic Load:11.74, Inflammation Score:-10, Nutrition Score:22.389565099841%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg, Luteolin: 2.49mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 292.28kcal (14.61%), Fat: 13.61g (20.94%), Saturated Fat: 3.86g (24.12%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 18.86g (6.86%), Sugar: 5.66g (6.28%), Cholesterol: 65.32mg (21.77%), Sodium: 397.63mg (17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.61g (39.21%), Vitamin A: 5597.52IU (111.95%), Vitamin C: 63.41mg (76.86%), Vitamin B3: 7.95mg (39.73%), Vitamin B6: 0.76mg (38.03%), Vitamin K: 26.81µg (25.54%), Potassium: 835.75mg (23.88%), Phosphorus: 212.71mg (21.27%), Manganese: 0.41mg (20.31%), Selenium: 14.05µg (20.08%), Fiber: 4.84g (19.34%), Iron: 3.02mg (16.8%), Magnesium: 56.99mg (14.25%), Vitamin B1: 0.21mg (14.19%), Vitamin B5: 1.32mg (13.15%), Folate: 52.46µg (13.11%), Copper: 0.26mg (12.94%), Vitamin B2: 0.21mg (12.52%), Zinc: 1.69mg (11.3%), Vitamin E: 1.27mg (8.49%), Calcium: 75.12mg (7.51%), Vitamin B12: 0.27µg (4.5%), Vitamin D: 0.17µg (1.16%)