

Groundnut Stew

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

READY IN



45 min.

SERVINGS



4

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup tomatoes canned crushed drained
- 0.3 teaspoon cayenne
- 3 pounds meat from a rotisserie chicken cut into 8 pieces
- 2 tablespoons cooking oil
- 0.5 cup creamy peanut butter
- 0.5 teaspoon fresh-ground pepper black
- 10 ounces okra frozen sliced
- 1 onion chopped

- 1.8 teaspoons salt
- 2 tablespoons tomato paste
- 2.8 cups water

Equipment

- whisk
- pot

Directions

- In a large pot, heat the oil over moderately high heat. Season the chicken pieces with 14 teaspoon each of the salt and black pepper. Cook until browned, turning, about 8 minutes in all.
- Remove.
- Pour off all but 1 tablespoon fat from the pot.
- Reduce the heat to moderately low.
- Add the onion to the pot and cook, stirring occasionally, until starting to soften, about 3 minutes. Stir in the tomato paste and then the tomatoes and cayenne. Return the chicken legs and thighs to the pot and stir in 2 cups of the water. Bring to a simmer and cook, partially covered, for 10 minutes.
- Whisk together the peanut butter and the remaining 3/4 cup water until smooth.
- Add this mixture to the stew along with the chicken breasts and wings, the okra and the remaining 1 1/2 teaspoons of salt and 1/4 of teaspoon black pepper. Cook, partially covered, until the okra is just done, about 10 minutes.
- Serve the stew with rice or egg noodles to capture every drop of the distinctive sauce.
- Wine Recommendation: A simple, fruity red wine such as a Beaujolais (or, if it's December through March, a Beaujolais Nouveau) will make a lively companion to the peanut butter in this stew.

Nutrition Facts

 PROTEIN 23.8%  FAT 63.8%  CARBS 12.4%

Properties

Glycemic Index:55, Glycemic Load:4.14, Inflammation Score:-9, Nutrition Score:29.491738972457%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.44mg, Quercetin: 20.44mg, Quercetin: 20.44mg, Quercetin: 20.44mg

Nutrients (% of daily need)

Calories: 666.83kcal (33.34%), Fat: 48.47g (74.57%), Saturated Fat: 10.88g (68%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 15.34g (5.58%), Sugar: 9.25g (10.28%), Cholesterol: 122.47mg (40.82%), Sodium: 1427.4mg (62.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.68g (81.36%), Vitamin B3: 17.13mg (85.67%), Manganese: 1.27mg (63.48%), Vitamin B6: 1.01mg (50.6%), Phosphorus: 427.34mg (42.73%), Vitamin E: 5.99mg (39.93%), Selenium: 26.28µg (37.55%), Magnesium: 148.04mg (37.01%), Vitamin C: 28.36mg (34.38%), Vitamin K: 34.46µg (32.82%), Potassium: 1007.01mg (28.77%), Zinc: 3.65mg (24.37%), Copper: 0.47mg (23.62%), Folate: 94.28µg (23.57%), Fiber: 5.86g (23.43%), Vitamin B1: 0.35mg (23.18%), Vitamin B5: 2.22mg (22.18%), Vitamin A: 1042.07IU (20.84%), Vitamin B2: 0.35mg (20.75%), Iron: 3.59mg (19.96%), Calcium: 128.46mg (12.85%), Vitamin B12: 0.51µg (8.44%), Vitamin D: 0.33µg (2.18%)