



## Hearty Chicken Stew

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

READY IN



**135 min.**

SERVINGS



**8**

CALORIES



**249 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound carrots peeled cut into 2-inch chunks
- 6 cloves garlic peeled
- 2 handfuls green beans trimmed
- 8 servings kosher salt and pepper black freshly ground
- 4 small onions quartered
- 8 servings pepper sauce hot to taste
- 1.5 pounds bliss potatoes red washed and quartered
- 2 pounds chicken thighs skinless

1 Handful thyme sprigs

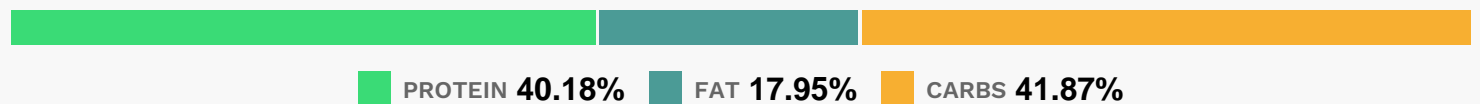
## Equipment

pot

## Directions

- Watch how to make this recipe.
- In a large pot, combine onions, garlic, carrots, chicken and thyme. Season with salt and pepper.
- Add cold water to cover. Bring to boil then reduce heat to a simmer. Skim and discard any scum that may come to the top.
- Simmer until the meat of the chicken falls off the bone with almost no pressure from a fork, about 1 to 1 1/2 hours.
- Remove the chicken pieces to a plate. Use 2 forks to separate the meat from the bone.
- Add the meat back to pot.
- Add the potatoes, cook until fork tender, about 20 minutes.
- Add green beans, cook until crisp-tender, about 3 to 4 minutes.
- Remove from heat, add hot sauce, salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:38.82, Glycemic Load:14.12, Inflammation Score:-10, Nutrition Score:22.430000118587%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

## Nutrients (% of daily need)

Calories: 249.17kcal (12.46%), Fat: 4.98g (7.66%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 21.32g (7.75%), Sugar: 5.67g (6.3%), Cholesterol: 107.73mg (35.91%), Sodium: 151.11mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.18%), Vitamin A: 9681.11IU (193.62%), Vitamin B6: 0.94mg (46.99%), Vitamin B3: 8.03mg (40.15%), Selenium: 26.59µg (37.98%), Vitamin C: 26.72mg (32.38%), Phosphorus: 303.77mg (30.38%), Potassium: 932.42mg (26.64%), Vitamin K: 23.48µg (22.36%), Fiber: 4.82g (19.28%), Manganese: 0.38mg (19.05%), Vitamin B5: 1.88mg (18.82%), Vitamin B2: 0.3mg (17.62%), Vitamin B1: 0.25mg (16.59%), Magnesium: 63.14mg (15.78%), Zinc: 2.26mg (15.04%), Vitamin B12: 0.73µg (12.1%), Iron: 2.14mg (11.9%), Copper: 0.22mg (11.03%), Folate: 43.96µg (10.99%), Calcium: 61.45mg (6.15%), Vitamin E: 0.7mg (4.66%)