



 **100%**
HEALTH SCORE

HERDEZ® Roasted Pasilla Chicken Stew

 **Gluten Free**  **Very Healthy**

READY IN



455 min.

SERVINGS



8

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings avocado
- 8 servings cabbage
- 15 ounce .5 can cannellini beans rinsed canned
- 15.3 ounce regular corn rinsed canned
- 4 ounce chiles green chopped canned
- 32 fluid ounce chicken stock see
- 8 servings cilantro leaves
- 4 corn tortillas

- 8 servings cotija cheese
- 8 servings crema fresca
- 4 cloves garlic crushed
- 8 servings green onion
- 8 servings hot sauce
- 8 servings limes
- 1 tablespoon olive oil
- 1 cup onion chopped
- 12 ounce herdez® roasted pasilla chile mexican cooking sauce
- 3 chicken breast halves boneless skinless
- 2 cups water
- 1 cup rice white uncooked

Equipment

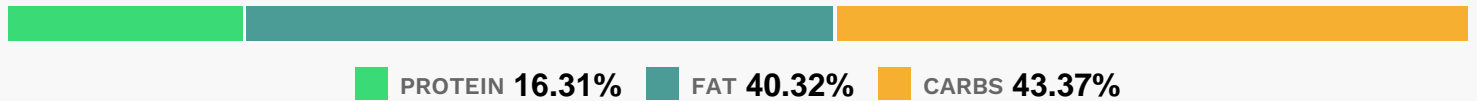
- bowl
- ladle
- knife
- pot
- stove
- slow cooker
- cutting board

Directions

- In a 3-quart slow cooker, combine chicken, chicken stock, cooking sauce, onion, chiles, and garlic.
- Cut corn tortillas into thin strips and add to slow cooker, stirring to combine.
- Add 1/2 cup water to the pasilla sauce jar, close lid, and shake to incorporate any leftover sauce; add to the slow cooker.

- Cook 6 to 7 hours on Low, or until the chicken is nearly cooked. Pull out and shred using fork and knife on a cutting board. Return chicken to pot along with rinsed corn and beans.
- Cook an additional 1 to 2 hours, or until the chicken is thoroughly cooked and broth is slightly thickened.
- In pot with tight-fitting lid, heat olive oil over medium high heat.
- Add rice and brown, about 8 minutes, stirring often to prevent burning.
- Add 2 cups water, bring to boil, then cover and turn off stove, leaving pot on hot burner.
- Let sit undisturbed for about 20 minutes or until liquid is absorbed and rice is cooked.
- To serve, place rice in bowl, ladle stew over all, and garnish as desired

Nutrition Facts



Properties

Glycemic Index:50.84, Glycemic Load:19.22, Inflammation Score:-10, Nutrition Score:51.880000036696%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 767.37kcal (38.37%), Fat: 36.11g (55.56%), Saturated Fat: 7.28g (45.51%), Carbohydrates: 87.4g (29.13%), Net Carbohydrates: 62.91g (22.88%), Sugar: 6.66g (7.4%), Cholesterol: 65.32mg (21.77%), Sodium: 841.55mg (36.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.86g (65.72%), Vitamin A: 15720.53IU (314.41%), Vitamin B6: 2.83mg (141.57%), Vitamin B2: 1.98mg (116.41%), Fiber: 24.49g (97.94%), Vitamin K: 90.56µg (86.25%), Manganese: 1.6mg (80.01%), Folate: 269.29µg (67.32%), Potassium: 2278.87mg (65.11%), Vitamin B3: 12.76mg (63.78%), Vitamin C: 50.07mg (60.69%), Phosphorus: 556.9mg (55.69%), Iron: 8.11mg (45.06%), Magnesium: 167.51mg (41.88%), Selenium: 28.19µg (40.27%), Copper: 0.71mg (35.53%), Vitamin B5: 3.52mg (35.21%), Calcium: 336.62mg (33.66%), Vitamin B1: 0.4mg (26.95%), Zinc: 3.91mg (26.05%), Vitamin E: 3.13mg (20.9%), Vitamin B12:

0.59µg (9.86%), Vitamin D: 0.16µg (1.08%)