



Homemade Chicken Stew

 Popular

READY IN



130 min.

SERVINGS



8

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 4 slices bacon
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup butter
- ☐ 1 teaspoon cajun spice
- ☐ 1 carrots
- ☐ 1 celery stalk
- ☐ 4 pound fryer chicken whole

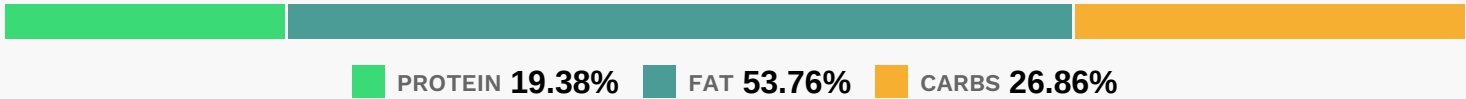
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon parsley dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 12 ounce evaporated milk
- ☐ 2 teaspoons granulated sugar
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 onion
- ☐ 1.5 cups onion chopped
- ☐ 3 to 4 cans vegetables canned (approx. 15 ounce each)
- ☐ 2 pounds russet potatoes
- ☐ 2 quarts water
- ☐ 28 ounce tomatoes whole

Equipment

Directions

- ☐ Recipe: Homemade Chicken Stew
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 1 hour 30 min |Cook time: 40 min |

Nutrition Facts



Properties

Glycemic Index:69.08, Glycemic Load:21.77, Inflammation Score:-9, Nutrition Score:23.402608508649%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 11.28mg, Apigenin: 11.28mg, Apigenin: 11.28mg, Apigenin: 11.28mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg

0.29mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 597.97kcal (29.9%), Fat: 35.95g (55.3%), Saturated Fat: 15.5g (96.86%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 36.43g (13.25%), Sugar: 10.69g (11.88%), Cholesterol: 131.74mg (43.91%), Sodium: 898.26mg (39.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.3%), Vitamin A: 2884.45IU (57.69%), Vitamin B3: 10.21mg (51.03%), Vitamin B6: 0.98mg (48.96%), Phosphorus: 374.5mg (37.45%), Vitamin C: 29.93mg (36.28%), Potassium: 1176.64mg (33.62%), Selenium: 21.55µg (30.78%), Manganese: 0.47mg (23.43%), Vitamin B2: 0.39mg (22.75%), Vitamin B1: 0.31mg (20.93%), Magnesium: 81.17mg (20.29%), Vitamin B5: 1.87mg (18.74%), Vitamin K: 19.3µg (18.38%), Calcium: 176.79mg (17.68%), Zinc: 2.58mg (17.17%), Iron: 2.93mg (16.26%), Fiber: 3.97g (15.9%), Copper: 0.31mg (15.66%), Folate: 60.62µg (15.16%), Vitamin E: 1.5mg (9.99%), Vitamin B12: 0.48µg (8.08%), Vitamin D: 0.3µg (2.03%)