



 **32%**
HEALTH SCORE

Jamaican Chicken Stew

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

READY IN



45 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons bottled garlic minced
- 15 ounce black beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 2 tablespoons capers
- 0.5 teaspoon pepper red crushed
- 1 teaspoon curry powder
- 1 teaspoon thyme dried
- 0.3 cup wine dry red

- 0.5 teaspoon ground allspice
- 2 teaspoons olive oil
- 1 cup onion chopped
- 0.5 teaspoon pepper black
- 1 cup rice long-grain uncooked
- 1 cup rice long-grain uncooked
- 1 pound chicken breast cut into bite-size pieces

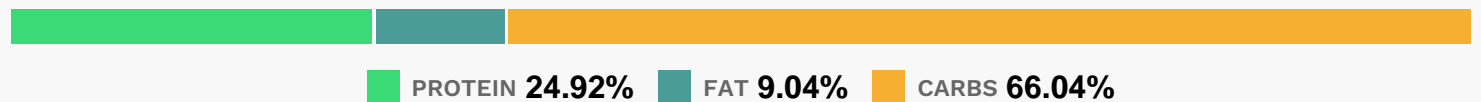
Equipment

- bowl
- frying pan

Directions

- Prepare rice according to package directions, omitting salt and fat.
- While rice cooks, heat oil in a large nonstick skillet over medium-high heat.
- Add onion and garlic; saut 3 minutes or until tender.
- Combine chicken and the next 5 ingredients (chicken through black pepper) in a bowl.
- Add chicken mixture to pan; saut 4 minutes. Stir in wine, capers, beans, and tomatoes. Cover, reduce heat, and simmer 10 minutes or until tender.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:67.34, Glycemic Load:47.67, Inflammation Score:-8, Nutrition Score:31.309565316076%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg,

Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg,
Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg,
Isorhamnetin: 2.01mg Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg, Kaempferol: 5.52mg
Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.14mg, Quercetin:
15.14mg, Quercetin: 15.14mg, Quercetin: 15.14mg

Nutrients (% of daily need)

Calories: 650.68kcal (32.53%), Fat: 6.38g (9.82%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 104.91g (34.97%),
Net Carbohydrates: 93.11g (33.86%), Sugar: 6.4g (7.11%), Cholesterol: 72.57mg (24.19%), Sodium: 797.51mg
(34.67%), Alcohol: 1.58g (100%), Alcohol %: 0.42% (100%), Protein: 39.59g (79.18%), Manganese: 1.63mg (81.49%),
Vitamin B3: 15.38mg (76.88%), Selenium: 52.93µg (75.62%), Vitamin B6: 1.3mg (64.97%), Phosphorus: 510.76mg
(51.08%), Fiber: 11.8g (47.2%), Potassium: 1242.59mg (35.5%), Copper: 0.68mg (33.79%), Vitamin B5: 3.1mg
(31.02%), Magnesium: 119.12mg (29.78%), Iron: 5.25mg (29.17%), Vitamin B1: 0.39mg (25.99%), Folate: 100.38µg
(25.09%), Vitamin C: 17.68mg (21.44%), Vitamin B2: 0.36mg (21.38%), Zinc: 2.67mg (17.81%), Vitamin E: 2.16mg
(14.41%), Vitamin K: 13.6µg (12.96%), Calcium: 128.63mg (12.86%), Vitamin A: 356.98IU (7.14%), Vitamin B12: 0.23µg
(3.78%)