



Mama's Chicken Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots thinly sliced
- ☐ 1 cup celery sliced ()
- ☐ 3 tablespoons cornstarch
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 14.3 ounce chicken broth fat-free canned
- ☐ 2 cups mushrooms halved
- ☐ 1 cup onions whole frozen
- ☐ 1 teaspoon paprika

- ☐ 2 cups peas green frozen
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon rubbed sage
- ☐ 0.5 teaspoon salt
- ☐ 1 pound skinned cut into bite-size pieces
- ☐ 1 pound skinned cut into bite-size pieces
- ☐ 6 ounce tomato paste canned
- ☐ 0.3 cup water
- ☐ 2 cups water

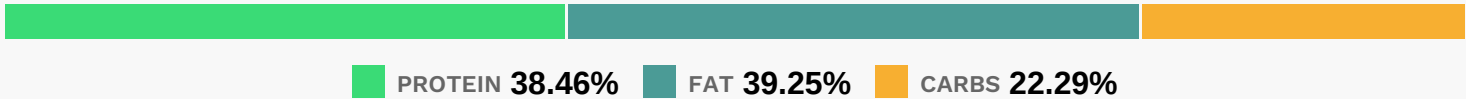
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Combine first 14 ingredients in a large electric slow cooker. Cover with lid, and cook on high-heat setting for 4 hours or until carrot is tender.
- ☐ Combine water and cornstarch in a small bowl, stirring with a wire whisk until blended.
- ☐ Add cornstarch mixture and peas to slow cooker; stir well. Cover and cook on high-heat setting an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:3.01, Inflammation Score:-9, Nutrition Score:20.269130276597%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 261.24kcal (13.06%), Fat: 11.38g (17.51%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 14.54g (4.85%), Net Carbohydrates: 10.67g (3.88%), Sugar: 5.35g (5.94%), Cholesterol: 91.85mg (30.62%), Sodium: 518.15mg (22.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.18%), Vitamin A: 3240.87IU (64.82%), Vitamin B3: 10.96mg (54.82%), Selenium: 33.15µg (47.35%), Vitamin B6: 0.81mg (40.3%), Phosphorus: 296.73mg (29.67%), Vitamin C: 20.49mg (24.84%), Vitamin B5: 2.01mg (20.08%), Potassium: 689.52mg (19.7%), Vitamin B2: 0.32mg (19%), Vitamin K: 18.9µg (18%), Vitamin B1: 0.24mg (15.82%), Manganese: 0.31mg (15.53%), Fiber: 3.87g (15.49%), Copper: 0.27mg (13.43%), Magnesium: 51.29mg (12.82%), Zinc: 1.79mg (11.96%), Folate: 46.6µg (11.65%), Iron: 1.86mg (10.36%), Vitamin B12: 0.59µg (9.78%), Vitamin E: 0.76mg (5.1%), Calcium: 45.89mg (4.59%), Vitamin D: 0.16µg (1.08%)