



Mexican Chicken Stew

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes chopped canned
- 3 cups chicken stock see
- 1 cup rice white cooked
- 1 teaspoon cumin dried
- 6 servings cilantro leaves fresh for garnish
- 4 large cloves garlic roughly chopped
- 2 jalapeños seeded sliced
- 6 servings kosher salt

- 1 lime
- 4 tablespoons olive oil
- 1 medium onion roughly chopped
- 1 tablespoon oregano dried
- 3 cups meat from a rotisserie chicken shredded cooked
- 6 servings cup heavy whipping cream sour for garnish
- 3 dashes worcestershire sauce

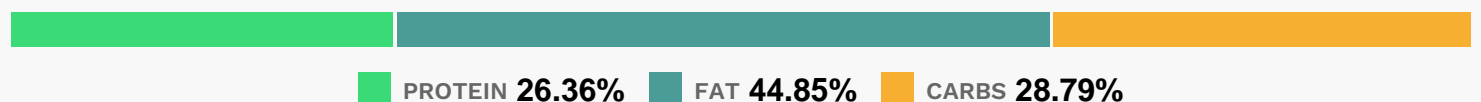
Equipment

- bowl
- sauce pan
- ladle
- pot

Directions

- Watch how to make this recipe.
- Heat oil in a saucepan over medium heat.
- Add onion and saute for 1 to 2 minutes.
- Add garlic and jalapeno and sweat until soft and translucent.
- Add spices and cook for 1 to 2 minutes until fragrant and aromatic.
- Add tomatoes, chicken, Worcestershire, and stock.
- Bring to a simmer and cook 20 minutes.
- Cut the lime in half, squeeze juice into the pot, and then add the juiced halves as well.
- Add white rice and cook 5 minutes longer to warm rice through. Season, to taste, with salt.
- Ladle into bowls and garnish with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:11.59, Inflammation Score:-8, Nutrition Score:18.06652167569%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 361.82kcal (18.09%), Fat: 18.36g (28.25%), Saturated Fat: 4.26g (26.62%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 22.72g (8.26%), Sugar: 9.41g (10.46%), Cholesterol: 63.18mg (21.06%), Sodium: 605.44mg (26.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.58%), Vitamin B3: 9.32mg (46.61%), Selenium: 23.57µg (33.67%), Vitamin B6: 0.67mg (33.48%), Vitamin C: 23.42mg (28.39%), Manganese: 0.5mg (24.79%), Phosphorus: 244.42mg (24.44%), Vitamin E: 3.45mg (23.02%), Potassium: 777.01mg (22.2%), Iron: 3.64mg (20.23%), Copper: 0.4mg (19.96%), Vitamin K: 19.6µg (18.67%), Vitamin B2: 0.32mg (18.6%), Fiber: 3.81g (15.23%), Magnesium: 57.59mg (14.4%), Vitamin B1: 0.21mg (14.26%), Vitamin B5: 1.27mg (12.73%), Zinc: 1.87mg (12.48%), Calcium: 101.04mg (10.1%), Vitamin A: 473.49IU (9.47%), Folate: 36.02µg (9%), Vitamin B12: 0.23µg (3.8%)