



Mexican chicken stew



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 medium onion finely chopped
- ☐ 3 garlic clove finely chopped
- ☐ 0.5 tsp t brown sugar dark
- ☐ 1 tsp chipotle paste (we used Discovery)
- ☐ 400 g canned tomatoes chopped canned
- ☐ 4 chicken breast boneless skinless
- ☐ 1 small onion red sliced into rings

- ☐ 3 coriander leaves
- ☐ 4 servings corn tortillas

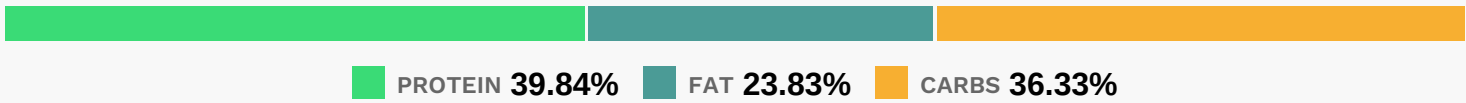
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Heat the oil in a medium saucepan.
- ☐ Add the onion and cook for 5 mins or until softened and starting to turn golden, adding the garlic for the final min. Stir in the sugar, chipotle paste and tomatoes.
- ☐ Put the chicken into the pan, spoon over the sauce, and simmer gently for 20 mins until the chicken has cooked (add a splash of water if the sauce gets too dry).
- ☐ Remove the chicken from the pan and shred with 2 forks, then stir back into the sauce. Scatter with a little red onion, the coriander, and serve with remaining red onion, tortillas or rice.
- ☐ If you want to use a slow cooker, cook the onion and garlic as above, then put into your slow cooker with the sugar, chipotle, tomatoes and chicken. Cover and cook on High for 2 hours.
- ☐ Remove the chicken and shred then serve as above.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:8.42, Inflammation Score:-7, Nutrition Score:20.564782619476%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.2mg, Quercetin: 11.2mg

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Nutrients (% of daily need)

Calories: 276.52kcal (13.83%), Fat: 7.45g (11.46%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 20.95g (7.62%), Sugar: 7.43g (8.25%), Cholesterol: 72.32mg (24.11%), Sodium: 279.07mg (12.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.05%), Vitamin B3: 13.56mg (67.79%), Vitamin B6: 1.15mg (57.6%), Selenium: 39.17µg (55.95%), Phosphorus: 373.96mg (37.4%), Potassium: 882.81mg (25.22%), Vitamin C: 19.58mg (23.73%), Manganese: 0.44mg (22.06%), Vitamin K: 22.23µg (21.17%), Vitamin B5: 2mg (19.98%), Magnesium: 79.4mg (19.85%), Fiber: 4.6g (18.39%), Copper: 0.3mg (14.77%), Vitamin B1: 0.21mg (14.06%), Iron: 2.51mg (13.96%), Vitamin B2: 0.21mg (12.38%), Vitamin E: 1.84mg (12.24%), Zinc: 1.42mg (9.47%), Calcium: 87.11mg (8.71%), Folate: 31.4µg (7.85%), Vitamin A: 294.6IU (5.89%), Vitamin B12: 0.23µg (3.77%)