



# Moroccan Stew with Chicken and Pearl Onions

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

READY IN



**55 min.**

SERVINGS



**6**

CALORIES



**308 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes canned
- 2 carrots chopped
- 2 stalks celery diced
- 2 chicken breasts diced cooked
- 1 clove garlic chopped
- 0.5 cup bell pepper green chopped
- 6 servings salt and ground pepper black to taste
- 1.5 tablespoons olive oil

- 0.5 cup onion chopped
- 12 pearl onions
- 4 potatoes diced
- 0.8 teaspoon pepper flakes red to taste
- 2 tablespoons red wine vinegar
- 0.5 teaspoon thyme leaves dried
- 28 ounce vegetable broth canned

## Equipment

- pot

## Directions

- Heat olive oil in a stockpot over medium heat. Cook and stir celery, chopped onion, and bell pepper in hot oil until softened, about 5 minutes. Stir garlic into the celery mixture; cook and stir until fragrant, about 1 minute more.
- Pour vegetable broth into the pot; add tomatoes, carrots, potatoes, pearl onions, thyme, salt, and pepper. Bring the broth to a boil, reduce heat to medium-low, and simmer until the vegetables are tender, about 20 minutes.
- Stir chicken and red pepper flakes to the pot; cook until the chicken is hot, 5 to 10 minutes. Stir vinegar into the soup just before serving.

## Nutrition Facts



**PROTEIN 29.41%** **FAT 17.44%** **CARBS 53.15%**

## Properties

Glycemic Index:69.43, Glycemic Load:22.65, Inflammation Score:-10, Nutrition Score:23.838260852772%

## Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.26mg, Quercetin: 16.26mg,

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## **Nutrients (% of daily need)**

Calories: 308.26kcal (15.41%), Fat: 6.08g (9.35%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 41.67g (13.89%), Net Carbohydrates: 34.86g (12.68%), Sugar: 9.82g (10.91%), Cholesterol: 48.73mg (16.24%), Sodium: 703.27mg (30.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.12%), Vitamin A: 4030.77IU (80.62%), Vitamin C: 51.75mg (62.73%), Vitamin B3: 10.62mg (53.1%), Vitamin B6: 1.03mg (51.59%), Potassium: 1185.07mg (33.86%), Fiber: 6.81g (27.25%), Phosphorus: 269.9mg (26.99%), Manganese: 0.54mg (26.77%), Selenium: 17.23µg (24.61%), Magnesium: 76.61mg (19.15%), Copper: 0.36mg (18.21%), Vitamin B1: 0.26mg (17.6%), Iron: 3.01mg (16.73%), Vitamin K: 16.85µg (16.05%), Folate: 57.94µg (14.48%), Vitamin B5: 1.36mg (13.62%), Vitamin E: 1.86mg (12.38%), Vitamin B2: 0.19mg (11.35%), Zinc: 1.4mg (9.33%), Calcium: 82.27mg (8.23%), Vitamin B12: 0.19µg (3.25%)