



New Potato-Chicken Stew

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups snow peas
- 1 cup water
- 0.8 pound potatoes - remove skin red cut into fourths
- 0.8 pound chicken breast halves boneless skinless cut into 1-inch cubes
- 12 ounces campbell's chicken gravy

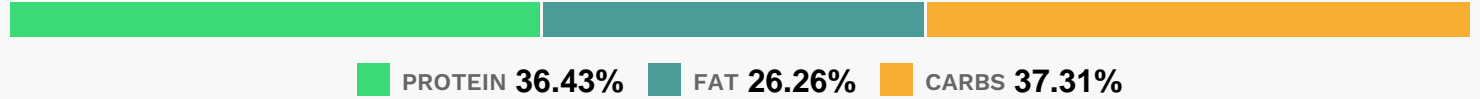
Equipment

- sauce pan

Directions

- Mix all ingredients in 3-quart saucepan.
- Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 15 to 20 minutes, stirring occasionally, until potatoes are tender and chicken is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:16.586086897746%

Flavonoids

Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 234.9kcal (11.75%), Fat: 6.74g (10.37%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 18.82g (6.84%), Sugar: 4.49g (4.99%), Cholesterol: 61.24mg (20.41%), Sodium: 493.95mg (21.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.07%), Vitamin B3: 10.14mg (50.71%), Vitamin C: 37.73mg (45.74%), Vitamin B6: 0.86mg (43%), Selenium: 27.98µg (39.98%), Phosphorus: 256.45mg (25.65%), Potassium: 799.65mg (22.85%), Vitamin B5: 1.82mg (18.17%), Vitamin A: 852.41IU (17.05%), Vitamin K: 14.89µg (14.18%), Magnesium: 53.17mg (13.29%), Vitamin B1: 0.2mg (13.12%), Manganese: 0.25mg (12.61%), Fiber: 2.72g (10.88%), Iron: 1.95mg (10.86%), Folate: 39.29µg (9.82%), Copper: 0.19mg (9.26%), Vitamin B2: 0.15mg (8.86%), Zinc: 0.91mg (6.08%), Calcium: 35.6mg (3.56%), Vitamin B12: 0.17µg (2.83%), Vitamin E: 0.36mg (2.41%)