



Old-Fashioned Chicken and Corn Stew

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken breast boneless skinless cut into 2-inch pieces
- ☐ 2 corn frozen
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 14 ounces chicken broth low-sodium
- ☐ 1 large onion halved lengthwise cut lengthwise into 1/4-inch slices
- ☐ 1 pound potato boiling

- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup water

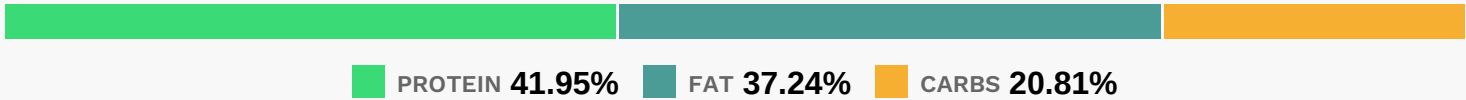
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ tongs

Directions

- ☐ Pat chicken dry and season with salt and pepper.
- ☐ Heat butter and oil in a 4- to 5-quart wide heavy pot over moderately high heat until foam subsides, then lightly brown chicken in 2 batches, turning over occasionally with tongs, about 5 minutes per batch.
- ☐ Transfer chicken as browned to a bowl using tongs.
- ☐ While chicken is browning, peel potatoes and cut into 1-inch pieces.
- ☐ Add onion, garlic, and 1 teaspoon thyme to pot and sauté, stirring occasionally, until softened, 4 to 5 minutes, then add flour and cook, stirring, 1 minute.
- ☐ Whisk in broth and water and bring to a boil, whisking.
- ☐ Add potatoes and corn to onion mixture, then cover and simmer over moderate heat, stirring occasionally, until potatoes are barely tender, about 10 minutes. Stir in chicken (along with any juices accumulated in bowl) and cream, then simmer, covered, until chicken is just cooked through and potatoes are tender, 5 to 10 minutes. Season stew with salt and pepper and sprinkle with remaining teaspoon thyme.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:19.983043442602%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 343.93kcal (17.2%), Fat: 14.12g (21.72%), Saturated Fat: 6.04g (37.78%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 15.86g (5.77%), Sugar: 2.43g (2.69%), Cholesterol: 118.01mg (39.34%), Sodium: 214.72mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.57%), Vitamin B3: 17.75mg (88.75%), Selenium: 50.15µg (71.65%), Vitamin B6: 1.31mg (65.57%), Phosphorus: 402.06mg (40.21%), Potassium: 1017.05mg (29.06%), Vitamin B5: 2.44mg (24.44%), Magnesium: 62.04mg (15.51%), Vitamin B2: 0.24mg (13.99%), Vitamin C: 11.47mg (13.91%), Vitamin B1: 0.19mg (12.87%), Copper: 0.2mg (10.06%), Manganese: 0.2mg (9.96%), Zinc: 1.3mg (8.69%), Iron: 1.56mg (8.65%), Fiber: 1.89g (7.56%), Folate: 29.97µg (7.49%), Vitamin K: 7.42µg (7.07%), Vitamin A: 345.28IU (6.91%), Vitamin B12: 0.39µg (6.54%), Vitamin E: 0.69mg (4.58%), Calcium: 36.06mg (3.61%), Vitamin D: 0.38µg (2.53%)