



## Parsley Spinach Chicken Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground turmeric
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 potatoes cubed
- ☐ 0.3 teaspoon salt
- ☐ 4 chicken breasts boneless skinless

- ☐ 8 ounces pkt spinach rinsed chopped
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup water

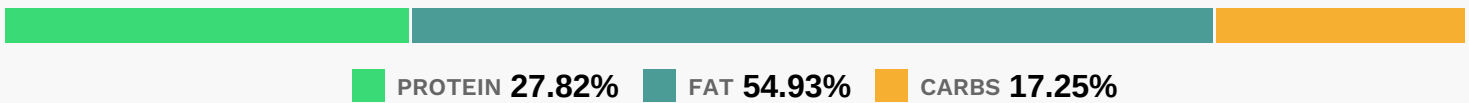
## Equipment

- ☐ frying pan
- ☐ pot

## Directions

- ☐ In a medium size frying pan, heat 4 tablespoons of the olive oil.
- ☐ Add the parsley and spinach and fry until wilted. Set aside.
- ☐ Heat the other 2 tablespoons of olive oil in a large pot.
- ☐ Add the onion and saute, stirring occasionally, until tender.
- ☐ Add the chicken breasts and brown both sides of each breast.
- ☐ Add the salt, turmeric, fried parsley/spinach, water and tomato paste. Bring all to a boil and let boil for 10 minutes.
- ☐ Add the cubed potatoes. Cover and let cook over low heat for 1 to 2 hours.
- ☐ Add the lemon juice, bring to a boil and let boil for 10 more minutes.
- ☐ Serve with steamed rice if desired.

## Nutrition Facts



## Properties

Glycemic Index:56.19, Glycemic Load:8.32, Inflammation Score:-10, Nutrition Score:33.216086988864%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg

1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg  
Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg, Myricetin: 2.43mg Quercetin: 8.29mg, Quercetin: 8.29mg,  
Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 394.38kcal (19.72%), Fat: 24.42g (37.57%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 17.25g (5.75%),  
Net Carbohydrates: 13.48g (4.9%), Sugar: 3.21g (3.57%), Cholesterol: 72.32mg (24.11%), Sodium: 400.65mg  
(17.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.83g (55.66%), Vitamin K: 534.77µg (509.31%),  
Vitamin A: 6738.46IU (134.77%), Vitamin C: 55.9mg (67.76%), Vitamin B3: 13.25mg (66.24%), Vitamin B6: 1.19mg  
(59.26%), Selenium: 37.48µg (53.54%), Folate: 154.32µg (38.58%), Manganese: 0.7mg (35.11%), Potassium:  
1178.02mg (33.66%), Vitamin E: 4.88mg (32.52%), Phosphorus: 319.98mg (32%), Magnesium: 101.54mg (25.39%),  
Iron: 3.78mg (20.98%), Vitamin B5: 1.92mg (19.25%), Vitamin B2: 0.27mg (16.09%), Fiber: 3.77g (15.08%), Vitamin B1:  
0.19mg (12.83%), Copper: 0.24mg (11.81%), Calcium: 101.06mg (10.11%), Zinc: 1.39mg (9.24%), Vitamin B12: 0.23µg  
(3.77%)