

Peasant Stew

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4.5 ounce chilis green undrained chopped canned
- ☐ 15 ounce kidney beans rinsed drained canned
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes with jalapeño peppers and spices, undrained mexican-style canned
- ☐ 1.5 pounds strips.
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 teaspoon ground cumin

- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt

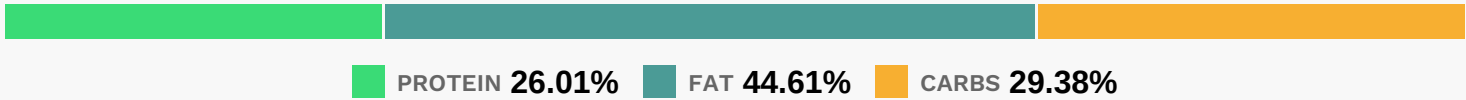
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Combine cumin, salt, and pepper; sprinkle over chicken.
- ☐ Place chicken in an electric slow cooker; stir in onion, tomatoes, and chiles. Cover with lid; cook on high-heat setting for 3 hours. Stir in beans. Cover; cook on high-heat setting 1 hour.
- ☐ Place 1 chicken thigh in each of 6 soup bowls; ladle 1 1/4 cups stew into each bowl. Top each serving with 2 teaspoons cilantro and 2 teaspoons sour cream.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:8.86, Inflammation Score:-6, Nutrition Score:19.780000100965%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 415.57kcal (20.78%), Fat: 20.86g (32.09%), Saturated Fat: 5.9g (36.85%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 21.71g (7.9%), Sugar: 6.21g (6.9%), Cholesterol: 114.48mg (38.16%), Sodium: 740.34mg (32.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.73%), Fiber: 9.21g (36.83%), Phosphorus: 360.41mg (36.04%), Vitamin B3: 6.84mg (34.19%), Vitamin B6: 0.66mg (33.15%), Selenium: 22.92µg (32.74%), Manganese: 0.63mg (31.72%), Potassium: 906.92mg (25.91%), Iron: 4.17mg (23.14%), Magnesium: 85.91mg (21.48%), Copper:

0.42mg (20.99%), Vitamin C: 16.9mg (20.49%), Vitamin B1: 0.27mg (17.88%), Zinc: 2.57mg (17.14%), Folate: 65.81µg (16.45%), Vitamin B2: 0.27mg (15.97%), Vitamin B5: 1.59mg (15.87%), Vitamin B12: 0.77µg (12.77%), Vitamin K: 12.78µg (12.17%), Calcium: 117.51mg (11.75%), Vitamin E: 1.58mg (10.5%), Vitamin A: 344.18IU (6.88%)