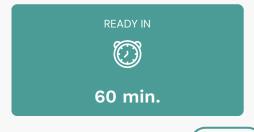
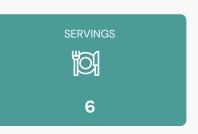


Peruvian Chicken Chili with Peanuts

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1 cup olives black pitted coarsely chopped
6 servings pepper black freshly ground
1 cup evaporated milk
5 medium garlic clove minced
O.5 teaspoon ground allspice
2 pounds ground chicken dark white (meat or a mixture of and meat)
1 teaspoon ground cumin

4 medium jalapeno minced stemmed

	6 servings kosher salt	
	1 cup chicken broth low-sodium	
	1.5 ounces parmesan cheese finely grated	
	12 ounces roasted peanuts salted coarsely chopped	
	0.3 cup vegetable oil	
	2 medium onion yellow finely chopped	
Eq	uipment	
	wooden spoon	
	dutch oven	
Directions		
	Heat the oil in a large pot or Dutch oven over medium-high heat until shimmering.	
	Add the chicken, breaking it up into small pieces with a wooden spoon, and cook, stirring occasionally, until browned and cooked through, about 9 minutes.Reduce the heat to medium.	
	Add the onions, garlic, jalapeños, cumin, and allspice, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the vegetables soften, about 6 minutes.	
	Add the peanuts, stock or broth, milk, and cheese, stir to combine, and bring to a simmer. Reduce the heat to low, cover with a tightfitting lid, and simmer, stirring occasionally, until slightly thickened and the flavors have melded, about 30 minutes. Taste and season with salt and pepper as needed.	
	Serve topped with the eggs and olives.	
Nutrition Facts		
	PROTEIN 24 249/ FAT 64 079/ CARRO 40 729/	
	PROTEIN 24.31% FAT 64.97% CARBS 10.72%	

Properties

Glycemic Index:23.5, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:31.184782111126%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 773.29kcal (38.66%), Fat: 58.15g (89.46%), Saturated Fat: 12.74g (79.62%), Carbohydrates: 21.58g (7.19%), Net Carbohydrates: 14.75g (5.37%), Sugar: 6.37g (7.07%), Cholesterol: 148.38mg (49.46%), Sodium: 1064.24mg (46.27%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 48.95g (97.91%), Vitamin B3: 17.78mg (88.88%), Manganese: 1.5mg (74.77%), Phosphorus: 650.35mg (65.03%), Vitamin B6: 1.07mg (53.66%), Potassium: 1508.59mg (43.1%), Magnesium: 149.75mg (37.44%), Vitamin B2: 0.6mg (35.51%), Selenium: 23.93µg (34.18%), Vitamin B5: 2.83mg (28.27%), Copper: 0.56mg (28.05%), Zinc: 4.16mg (27.73%), Fiber: 6.82g (27.29%), Calcium: 270.16mg (27.02%), Vitamin B1: 0.4mg (26.59%), Folate: 87.08µg (21.77%), Vitamin K: 20.7µg (19.71%), Vitamin C: 15.45mg (18.73%), Iron: 3.23mg (17.92%), Vitamin B12: 1.05µg (17.48%), Vitamin E: 2.47mg (16.45%), Vitamin A: 357.36IU (7.15%)