



Potato Chicken Stew

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups carrots chopped
- 0.5 cup celery chopped
- 4 cups rotisserie chicken breast meat cubed cooked
- 6 cups chicken stock see
- 1 teaspoon basil leaves dried
- 1 teaspoon parsley dried
- 1 teaspoon sage dried
- 0.1 cup flour all-purpose

- 0.7 cup mushrooms fresh sliced
- 10 ounce vegetables mixed frozen thawed
- 1 teaspoon garlic salt
- 1 cup onion chopped
- 3 cups potatoes diced red cooked

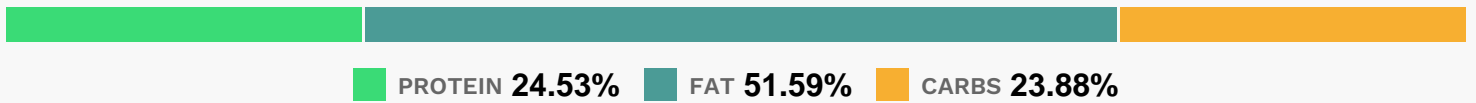
Equipment

- sauce pan

Directions

- Combine chicken, mushrooms, onion, carrots and stock in a large saucepan over medium heat. Simmer until carrots are tender, about 10 minutes.
- Stir in sage, basil, garlic salt, parsley, mixed vegetables, potatoes and celery and cook until heated through. Stir in flour to thicken sauce, then serve.

Nutrition Facts



Properties

Glycemic Index:60.76, Glycemic Load:18.02, Inflammation Score:-10, Nutrition Score:28.01217411912%

Flavonoids

Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg, Apigenin: 0.99mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 649.37kcal (32.47%), Fat: 37.4g (57.53%), Saturated Fat: 21.26g (132.88%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 33.47g (12.17%), Sugar: 6.49g (7.21%), Cholesterol: 167.88mg (55.96%), Sodium: 1101.22mg (47.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.01g (80.03%), Vitamin A: 8759.93IU (175.2%), Vitamin B3: 19.2mg (95.98%), Vitamin B6: 1.13mg (56.41%), Selenium: 33.87µg (48.39%), Phosphorus: 400.16mg (40.02%), Vitamin C: 28.48mg (34.52%), Potassium: 1208.31mg (34.52%), Vitamin B2: 0.48mg (28.15%), Vitamin B1: 0.35mg (23.01%), Fiber: 5.48g (21.93%), Magnesium: 80.54mg (20.14%), Copper: 0.39mg (19.59%),

Manganese: 0.39mg (19.42%), Iron: 3.2mg (17.77%), Vitamin B5: 1.61mg (16.11%), Folate: 63.65µg (15.91%), Vitamin K: 15.47µg (14.73%), Zinc: 2mg (13.31%), Vitamin E: 1.47mg (9.8%), Calcium: 73.77mg (7.38%), Vitamin B12: 0.39µg (6.43%)