



Quick Chicken and Pear Stew



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple brandy
- ☐ 2 cups natural apple cider
- ☐ 8 medium chicken cutlets
- ☐ 1 tablespoon cinnamon
- ☐ 8 servings flour gluten-free (use if needed)
- ☐ 8 servings ground pepper to taste
- ☐ 1 tablespoon lemon zest
- ☐ 3 tablespoons olive oil

- ☐ 4 large firm-ripe pears peeled cut in wedges (Bosc would be perfect)
- ☐ 1 teaspoon turmeric

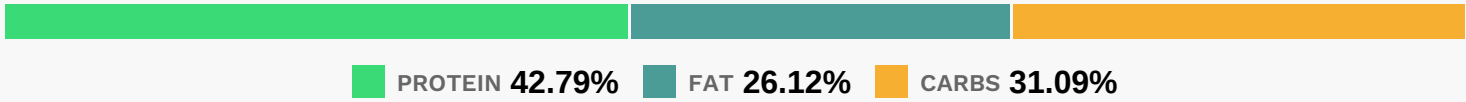
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet, and sauté the pears just until golden-dark.
- ☐ Remove from the skillet and set aside.
- ☐ Heat the rest of the oil.
- ☐ Roll the cutlets lightly in the flour, and sauté about 2 minutes on each side.
- ☐ Add all remaining ingredients, including the pears, and bring to a boil.Reduce to medium and cook, covered, about 10 minutes.The chicken will be tender, the gravy thick and the pears tender but not mushy.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:18.94, Glycemic Load:8.02, Inflammation Score:-9, Nutrition Score:19.918260983799%

Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 7.52mg, Epicatechin: 7.52mg, Epicatechin: 7.52mg, Epicatechin: 7.52mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 342.68kcal (17.13%), Fat: 9.97g (15.34%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 22.11g (8.04%), Sugar: 17.56g (19.51%), Cholesterol: 108.8mg (36.27%), Sodium: 201.13mg (8.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.75g (73.5%), Vitamin B3: 17.99mg (89.97%), Selenium: 54.63µg (78.04%), Vitamin B6: 1.33mg (66.36%), Phosphorus: 377.1mg (37.71%), Vitamin B5: 2.52mg (25.19%), Potassium: 841.13mg (24.03%), Fiber: 4.59g (18.38%), Manganese: 0.33mg (16.66%), Magnesium: 56.84mg (14.21%), Vitamin B2: 0.21mg (12.54%), Vitamin C: 8.84mg (10.72%), Vitamin B1: 0.14mg (9.14%), Vitamin K: 9.19µg (8.75%), Vitamin E: 1.27mg (8.44%), Copper: 0.16mg (7.78%), Zinc: 1.15mg (7.65%), Iron: 1.18mg (6.54%), Vitamin B12: 0.34µg (5.67%), Folate: 15.29µg (3.82%), Calcium: 36.47mg (3.65%), Vitamin A: 87.21IU (1.74%), Vitamin D: 0.17µg (1.13%)