

Quick Chicken Stew

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 29 ounce tomatoes diced with juice canned
- ☐ 1 medium carrots thinly sliced
- ☐ 0.5 teaspoon basil dried
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion cut into 1/2-inch pieces

- ☐ 1 medium bell pepper red cut into 1/2 inch pieces
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper to taste
- ☐ 1 pound chicken breast halves boneless skinless cut into bite-size pieces
- ☐ 1 medium zucchini cut into 1/2-inch pieces

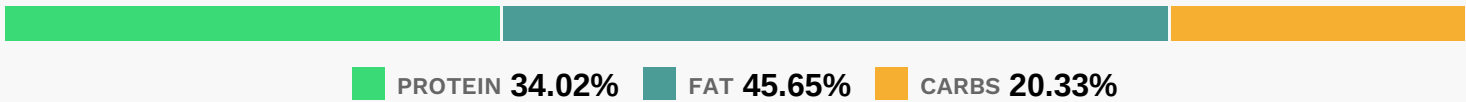
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in large skillet over medium-high heat. Stir in chicken and cook about 1 minute.
- ☐ Mix in garlic and onion; cook until tender. Stir in carrot, zucchini, and red bell pepper.
- ☐ Pour in tomatoes with juice. Season with red pepper flakes, basil, and bay leaf, and continue cooking 10 minutes, until vegetables are tender and chicken juices run clear. Stir in the butter until melted, and season with salt and pepper just before serving.

Nutrition Facts



Properties

Glycemic Index:50.21, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:27.762173953264%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 312.91kcal (15.65%), Fat: 16.24g (24.99%), Saturated Fat: 5.33g (33.31%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 12.04g (4.38%), Sugar: 9.29g (10.33%), Cholesterol: 87.62mg (29.21%), Sodium: 685.58mg (29.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Vitamin C: 70.74mg (85.75%),

Vitamin A: 4103.85IU (82.08%), Vitamin B3: 14.03mg (70.17%), Vitamin B6: 1.32mg (66.21%), Selenium: 37.11µg (53.02%), Phosphorus: 321.95mg (32.2%), Potassium: 1101.69mg (31.48%), Vitamin E: 3.53mg (23.52%), Vitamin B5: 2.15mg (21.48%), Manganese: 0.4mg (19.84%), Vitamin B2: 0.32mg (18.94%), Vitamin K: 19.01µg (18.11%), Magnesium: 70.87mg (17.72%), Iron: 3.06mg (17%), Fiber: 4.24g (16.95%), Vitamin B1: 0.23mg (15.33%), Folate: 55.3µg (13.83%), Copper: 0.23mg (11.55%), Calcium: 99.08mg (9.91%), Zinc: 1.3mg (8.7%), Vitamin B12: 0.24µg (3.98%)