



Southwest Chicken and Chili Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast boneless skinless
- 2.3 cups chicken broth (from 32-oz carton)
- 4 cloves garlic finely chopped
- 1 medium jalapeno diced seeded
- 2 teaspoons flour all-purpose
- 1 cup bell pepper diced red
- 0.5 cup carrots sliced
- 1 cup corn frozen

- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.5 teaspoon ground cumin
- 2 tablespoons cilantro leaves fresh finely chopped
- 1 teaspoon cornstarch
- 0.3 cup water cold
- 12 baked tortilla chips crushed

Equipment

- slotted spoon
- dutch oven

Directions

- Remove fat from chicken.
- Cut chicken into 3/4-inch cubes. In 4-quart Dutch oven, heat 1/2 cup of the broth to boiling. Cook chicken in broth about 5 minutes, stirring occasionally, until white.
- Remove chicken from broth with slotted spoon.
- Add garlic and chiles to broth in Dutch oven; cook over medium-high heat 2 minutes, stirring frequently. Stir in flour. Cook over low heat 2 minutes, stirring constantly. Gradually stir in remaining broth.
- Stir in chicken and remaining ingredients except cornstarch, water and tortilla chips.
- Heat to boiling; reduce heat. Cover; simmer about 20 minutes, stirring occasionally, until chicken is no longer pink in center.
- Mix cornstarch and cold water; stir into stew. Cook, stirring frequently, until thickened and thoroughly heated.
- Serve sprinkled with tortilla chips.

Nutrition Facts



PROTEIN 45.63% FAT 15.67% CARBS 38.7%

Properties

Glycemic Index:71.21, Glycemic Load:1.87, Inflammation Score:-10, Nutrition Score:23.249999968902%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 243.55kcal (12.18%), Fat: 4.3g (6.61%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 20.77g (7.55%), Sugar: 3.14g (3.49%), Cholesterol: 75.22mg (25.07%), Sodium: 821.56mg (35.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.34%), Vitamin A: 3942.29IU (78.85%), Vitamin C: 58.13mg (70.46%), Vitamin B3: 13.51mg (67.55%), Selenium: 39.43µg (56.32%), Vitamin B6: 1.12mg (56.2%), Phosphorus: 331.4mg (33.14%), Potassium: 747.92mg (21.37%), Vitamin B5: 1.95mg (19.47%), Vitamin B2: 0.31mg (17.99%), Magnesium: 61.97mg (15.49%), Manganese: 0.29mg (14.69%), Vitamin B1: 0.21mg (14.03%), Fiber: 3.12g (12.47%), Folate: 45.69µg (11.42%), Zinc: 1.34mg (8.92%), Iron: 1.44mg (7.98%), Vitamin E: 1.17mg (7.83%), Copper: 0.11mg (5.7%), Vitamin K: 5.72µg (5.45%), Calcium: 44.36mg (4.44%), Vitamin B12: 0.25µg (4.22%)