



Spanish Fork Chicken Stew

 **Gluten Free**

READY IN



45 min.

SERVINGS



5

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 ounce ancho chile dried
- 1 pound butternut squash cubed peeled
- 1 pound skinned boned chicken breasts diced
- 5 teaspoons cilantro leaves fresh chopped
- 5 garlic cloves minced
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 15.5 ounce hominy white drained canned (pozole blanco)

- 8 ounces mushrooms quartered
- 2 tablespoons olive oil divided
- 1 cup onion chopped
- 0.5 teaspoon pepper divided
- 1 tablespoon nonfat yogurt plain
- 0.5 cup bell pepper red chopped
- 0.5 teaspoon salt divided
- 6 cups tomatoes chopped
- 0.3 cup water boiling
- 0.5 cup bell pepper yellow chopped
- 2 cups zucchini sliced

Equipment

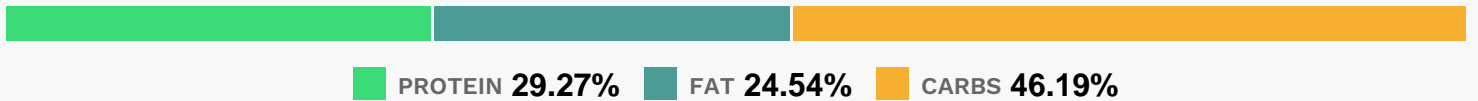
- food processor
- bowl
- frying pan
- ladle
- oven
- baking pan
- dutch oven

Directions

- Preheat oven to 40
- Remove stem and seeds from chile.
- Combine chile and boiling water in a small bowl; cover and let stand 1 hour.
- Place chile and water in a food processor, and process until smooth. Spoon chile pure into a small bowl; set aside.
- Combine squash, 2 teaspoons oil, 1/8 teaspoon salt, and 1/8 teaspoon pepper in a 13 x 9-inch baking dish coated with cooking spray; toss well. Cover and bake at 400 for 5 minutes.

- Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over chicken.
- Heat 2 teaspoons oil in a large Dutch oven over medium heat.
- Add chicken and mushrooms, and saut 5 minutes.
- Remove chicken mixture from pan; set aside.
- Heat remaining 2 teaspoons oil in pan over medium-high heat.
- Add onion, bell peppers, and garlic; saut 3 minutes.
- Add 1 tablespoon chile pure, squash, chicken mixture, remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, tomato, zucchini, cinnamon, cumin, and hominy; cover, reduce heat, and simmer 25 minutes, stirring occasionally.
- Remove from heat; stir in yogurt. Ladle stew into individual bowls; sprinkle with cilantro.
- Serve with additional chile pure, if desired.
- Note: Chef Heidel prefers to serve this stew in a small, hollowed-out sourdough round.

Nutrition Facts



Properties

Glycemic Index:49.6, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:34.833912994551%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 347.22kcal (17.36%), Fat: 9.88g (15.2%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 41.85g (13.95%), Net Carbohydrates: 32.57g (11.84%), Sugar: 13.94g (15.49%), Cholesterol: 58.14mg (19.38%), Sodium: 669.63mg (29.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.04%), Vitamin A: 12522.6IU (250.45%), Vitamin C: 105.18mg (127.49%), Vitamin B3: 14.12mg (70.59%), Vitamin B6: 1.27mg (63.34%), Selenium: 37.37µg (53.39%), Potassium: 1557.5mg (44.5%), Manganese: 0.83mg (41.5%), Phosphorus: 386.7mg (38.67%), Fiber: 9.28g (37.13%), Vitamin B5: 2.92mg (29.17%), Magnesium: 114.15mg (28.54%), Vitamin B2: 0.45mg (26.52%), Vitamin E: 3.72mg (24.79%), Vitamin K: 25.75µg (24.53%), Folate: 94.42µg (23.61%), Copper: 0.45mg (22.45%), Vitamin B1: 0.32mg (21.11%), Iron: 3.19mg (17.71%), Zinc: 2.53mg (16.89%), Calcium: 117.99mg (11.8%), Vitamin B12: 0.22µg (3.73%), Vitamin

D: 0.18µg (1.21%)