



## Spanish-Style Chicken Stew

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**4**

CALORIES



**606 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce garbanzo beans canned
- 28 ounce canned tomatoes italian canned
- 2 carrots cut into chunks
- 4 chicken thighs
- 4 ounces chorizo sausage spanish sliced (see note)
- 3 cloves garlic coarsely chopped
- 2 tablespoons olive oil
- 2 teaspoons paprika

- 1 potatoes cubed
- 3 onions red cut into 1-inch cubes
- 1 teaspoon pepper flakes red crushed
- 4 servings salt and pepper to taste
- 2 cups water

## Equipment

- sauce pan
- oven
- glass baking pan

## Directions

- Heat olive oil in a large saucepan over medium-high heat. Stir in onions and garlic, cook until the onion has softened and turned translucent.
- Pour in tomatoes, garbanzo beans, and water; season with paprika, red pepper flakes, salt, and pepper. Stir in carrots and potatoes, then place chicken thighs skin-side up on top of the vegetables.
- Bring to a boil over high heat, then reduce heat to medium, cover, and simmer until the chicken is tender, about 25 minutes.
- Preheat oven to 400 degrees F (200 degrees C).
- Remove chicken from the stew and set aside. Stir in the chorizo slices, then pour the stew into a glass baking dish.
- Place the chicken thighs on top, skin-side up.
- Bake in preheated oven until the stew has thickened and the chicken skin is crispy, about 15 minutes.

## Nutrition Facts

 PROTEIN **20.56%**  FAT **46.98%**  CARBS **32.46%**

## Properties

Glycemic Index:70.23, Glycemic Load:17.68, Inflammation Score:-10, Nutrition Score:35.284782699917%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg

## Nutrients (% of daily need)

Calories: 606.21kcal (30.31%), Fat: 32.53g (50.04%), Saturated Fat: 8.7g (54.38%), Carbohydrates: 50.55g (16.85%), Net Carbohydrates: 38.11g (13.86%), Sugar: 14.25g (15.84%), Cholesterol: 130.74mg (43.58%), Sodium: 881.43mg (38.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.03g (64.05%), Vitamin A: 6412.64IU (128.25%), Vitamin B6: 1.55mg (77.3%), Manganese: 1.54mg (77.24%), Vitamin C: 42.62mg (51.65%), Fiber: 12.45g (49.79%), Vitamin B3: 8.94mg (44.71%), Potassium: 1450.1mg (41.43%), Phosphorus: 400.13mg (40.01%), Selenium: 25.54µg (36.48%), Copper: 0.72mg (36.24%), Iron: 6.01mg (33.39%), Magnesium: 118.3mg (29.57%), Vitamin E: 4.43mg (29.55%), Vitamin B1: 0.38mg (25.08%), Vitamin B5: 2.4mg (24.03%), Vitamin K: 23.84µg (22.71%), Folate: 86.45µg (21.61%), Zinc: 3.15mg (21.02%), Vitamin B2: 0.34mg (20.28%), Calcium: 166.62mg (16.66%), Vitamin B12: 0.72µg (12.05%)