



## Speedy Chicken Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 large baking potato diced peeled
- ☐ 14.5 ounce canned tomatoes diced with garlic, basil, and oregano canned
- ☐ 2 chicken bouillon cubes
- ☐ 28 ounce chicken broth canned
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 20 ounce corn frozen
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 10 ounce baby lima beans frozen

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.5 large onion diced sweet
- ☐ 6 ounce tomato paste canned

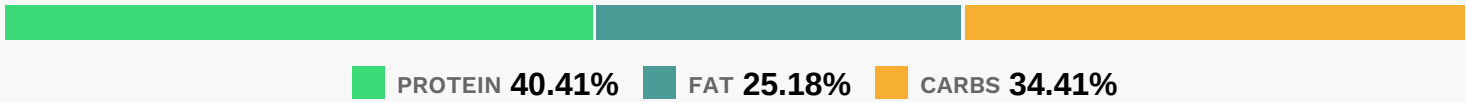
## Equipment

- ☐ dutch oven

## Directions

- ☐ Combine first 9 ingredients in a Dutch oven. Bring to a boil over medium-high heat, stirring often. Reduce heat and simmer 15 to 20 minutes or until potatoes and lima beans are tender. Stir in chicken, diced tomatoes, and tomato paste; simmer 10 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.13, Glycemic Load:10.73, Inflammation Score:-8, Nutrition Score:27.11826095892%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

## Nutrients (% of daily need)

Calories: 584.27kcal (29.21%), Fat: 16.5g (25.38%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 50.72g (16.91%), Net Carbohydrates: 43.84g (15.94%), Sugar: 9.32g (10.35%), Cholesterol: 118.82mg (39.61%), Sodium: 1412.89mg (61.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.56g (119.13%), Selenium: 44.28µg (63.25%), Vitamin B3: 11.98mg (59.89%), Vitamin B6: 1.07mg (53.47%), Phosphorus: 508.84mg (50.88%), Zinc: 5.65mg (37.67%), Potassium: 1281.29mg (36.61%), Manganese: 0.71mg (35.44%), Iron: 5.9mg (32.77%), Magnesium: 116.43mg (29.11%), Fiber: 6.88g (27.54%), Vitamin C: 21.6mg (26.19%), Vitamin B12: 1.53µg (25.5%), Vitamin B2: 0.4mg (23.72%), Copper: 0.47mg (23.61%), Folate: 88.14µg (22.04%), Vitamin B1: 0.26mg (17.07%), Vitamin B5: 1.43mg (14.28%), Vitamin A: 650.19IU (13%), Vitamin E: 1.73mg (11.56%), Vitamin K: 10.11µg (9.63%), Calcium: 96.08mg (9.61%)