



HEALTH SCORE

82%

Spicy Chicken and Sweet Potato Stew



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce kidney beans rinsed drained canned
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 tablespoons chili powder
- ☐ 1 teaspoon cocoa powder
- ☐ 1 pound chicken breast cubed cooked
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 cup regular corn frozen

- ☐ 4 cloves garlic minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon olive oil
- ☐ 1 onion chopped
- ☐ 1 orange bell pepper cubed seeded
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 1 pound sweet potatoes and into cubed peeled
- ☐ 2 cups water
- ☐ 2 tablespoons water

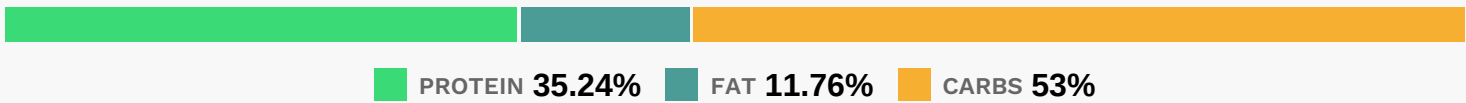
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a large pot over medium heat. Stir in onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in sweet potato, bell pepper, chicken, tomatoes, and 2 cups of water. Season with salt, chili powder, cumin, oregano, cocoa powder, cinnamon, and red pepper flakes. Increase heat to medium-high and bring to a boil. Dissolve flour in 2 tablespoons water, and stir in to boiling stew. Reduce heat to medium-low, cover, and simmer until the potatoes are tender but not mushy, 10 to 20 minutes. Stir the stew occasionally to keep it from sticking.
- ☐ Once the potatoes are done, stir in corn and kidney beans. Cook a few minutes until hot, then stir in cilantro before serving.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:15.83, Inflammation Score:-10, Nutrition Score:31.730869728586%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 359.24kcal (17.96%), Fat: 4.88g (7.51%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 49.49g (16.5%), Net Carbohydrates: 37.83g (13.76%), Sugar: 12.25g (13.61%), Cholesterol: 64.26mg (21.42%), Sodium: 907.15mg (39.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.9g (65.8%), Vitamin A: 12563.63IU (251.27%), Vitamin B3: 13.95mg (69.75%), Vitamin B6: 1.09mg (54.5%), Vitamin C: 44.35mg (53.76%), Fiber: 11.66g (46.62%), Manganese: 0.91mg (45.38%), Phosphorus: 382.17mg (38.22%), Potassium: 1265.69mg (36.16%), Selenium: 24.83µg (35.47%), Copper: 0.59mg (29.67%), Iron: 5.22mg (29.02%), Magnesium: 112.18mg (28.05%), Vitamin B1: 0.37mg (24.54%), Vitamin E: 3.64mg (24.28%), Vitamin K: 22.35µg (21.28%), Vitamin B5: 2.02mg (20.22%), Vitamin B2: 0.34mg (20.03%), Folate: 77.77µg (19.44%), Zinc: 2.29mg (15.27%), Calcium: 133.74mg (13.37%), Vitamin B12: 0.26µg (4.28%)