



## Spicy Chicken Stew

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

READY IN



255 min.

SERVINGS



6

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb baking potatoes peeled cut into chunks (3 1/3 cups)
- 0.5 teaspoon pepper black
- 2 carrots peeled cut into chunks (1 cup)
- 2 stalks celery chopped
- 2.5 cups chicken broth
- 1 teaspoon chile powder
- 4 6-inch corn tortillas fresh cut into strips ()
- 10 oz regular corn sweet frozen

- 2 cloves garlic minced
- 1.5 teaspoons ground cumin
- 2 teaspoons kosher salt
- 1 onion sliced
- 12.5 oz salsa
- 1 lb chicken breast boneless skinless halved
- 10.5 oz chicken thighs boneless skinless

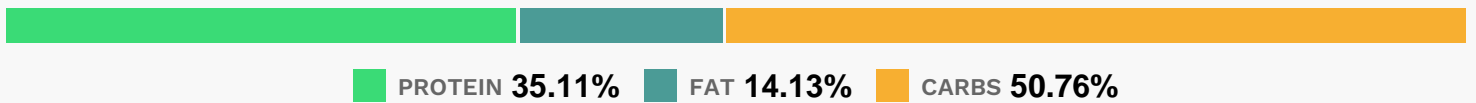
## Equipment

- slow cooker

## Directions

- Place potatoes, corn, celery, carrots, onion and garlic in slow cooker. Stir in salsa, salt, cumin, chile powder and pepper. Distribute chicken evenly on top of vegetables and pour chicken broth over chicken. Cover slow cooker and cook stew on high for 4 hours.
- Transfer chicken to a plate and shred with two forks into bite-size chunks; return to slow cooker.
- Mix tortilla strips into stew.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:60.6, Glycemic Load:25.55, Inflammation Score:-10, Nutrition Score:27.129130404928%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

## Nutrients (% of daily need)

Calories: 363.21kcal (18.16%), Fat: 5.87g (9.03%), Saturated Fat: 1.2g (7.53%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 41.34g (15.03%), Sugar: 7.64g (8.49%), Cholesterol: 97.47mg (32.49%), Sodium: 1703.61mg (74.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.81g (65.61%), Vitamin A: 4009.09IU (80.18%), Vitamin B6: 1.47mg (73.39%), Vitamin B3: 14.09mg (70.47%), Selenium: 38.34µg (54.78%), Phosphorus: 448.45mg (44.84%), Potassium: 1327.71mg (37.93%), Manganese: 0.57mg (28.66%), Vitamin B5: 2.66mg (26.57%), Magnesium: 100.37mg (25.09%), Fiber: 6.09g (24.36%), Vitamin B1: 0.32mg (21.22%), Vitamin B2: 0.35mg (20.37%), Vitamin C: 14.41mg (17.47%), Iron: 2.95mg (16.39%), Zinc: 2.38mg (15.86%), Copper: 0.3mg (15.12%), Vitamin K: 13.63µg (12.98%), Folate: 47.33µg (11.83%), Vitamin E: 1.42mg (9.43%), Calcium: 83.94mg (8.39%), Vitamin B12: 0.49µg (8.14%)