



Spicy Chicken Stew

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken thighs boneless skinless cut into 1/2-inch pieces
- 2 teaspoons garlic minced
- 2 tablespoons olive oil
- 15 ounces garbanzo beans rinsed drained canned
- 14 ounces tomatoes diced with onions, undrained canned
- 1 cup salsa
- 1 teaspoon ground cumin
- 0.3 cup cilantro leaves fresh minced

1 serving cream sour

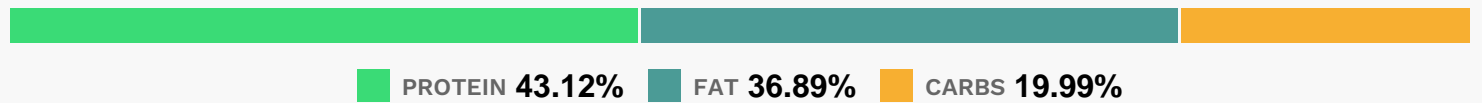
Equipment

dutch oven

Directions

In a Dutch oven, cook chicken and garlic in oil for 5 minutes. Stir in the beans, tomatoes, salsa and cumin. Cover and simmer until chicken is no longer pink, about 15 minutes. Stir in cilantro. Top with sour cream if desired.

Nutrition Facts



Properties

Glycemic Index:17.89, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:20.502608693164%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 314.26kcal (15.71%), Fat: 12.9g (19.85%), Saturated Fat: 2.58g (16.09%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 11.09g (4.03%), Sugar: 3.32g (3.69%), Cholesterol: 144.82mg (48.27%), Sodium: 712.31mg (30.97%), Alcohol: 0g (100%), Protein: 33.94g (67.88%), Vitamin B6: 1.17mg (58.69%), Selenium: 36.29µg (51.84%), Vitamin B3: 9.53mg (47.63%), Phosphorus: 371.01mg (37.1%), Manganese: 0.74mg (36.78%), Vitamin B5: 2.21mg (22.1%), Potassium: 725.8mg (20.74%), Zinc: 3.01mg (20.03%), Vitamin B2: 0.34mg (19.73%), Fiber: 4.64g (18.56%), Iron: 3.19mg (17.7%), Magnesium: 69.59mg (17.4%), Vitamin B12: 0.97µg (16.2%), Vitamin B1: 0.21mg (13.92%), Copper: 0.28mg (13.76%), Vitamin E: 1.96mg (13.1%), Vitamin K: 13.75µg (13.1%), Vitamin C: 7.64mg (9.26%), Vitamin A: 409.08IU (8.18%), Folate: 31.53µg (7.88%), Calcium: 78.63mg (7.86%)