



Spicy Chicken Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baking potatoes peeled cut into chunks (3 1/3 cups)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 carrots peeled cut into chunks (1 cup)
- ☐ 2 celery stalks chopped
- ☐ 1 teaspoon chili powder
- ☐ 10 ounce corn kernels frozen
- ☐ 4 6-inch corn tortillas fresh cut into strips ()
- ☐ 2 garlic clove minced

- ☐ 1.5 teaspoons ground cumin
- ☐ 2.5 cups beef broth fat-free
- ☐ 1 onion cut into 1/2-inch-thick slices
- ☐ 1 cup salsa
- ☐ 1 pound chicken breast boneless skinless
- ☐ 10.5 ounces chicken thighs boneless skinless

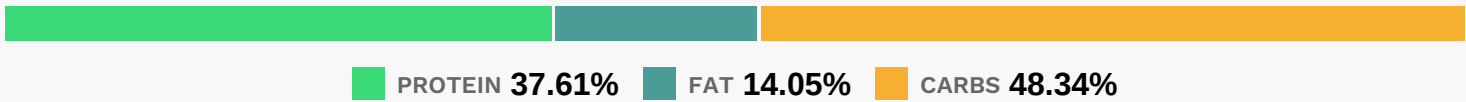
Equipment

- ☐ slow cooker

Directions

- ☐ Place first 6 ingredients in an electric slow cooker. Stir in salsa and next 3 ingredients (through pepper).
- ☐ Place chicken on top of vegetables, and add broth. Cover and cook on HIGH for 4 hours.
- ☐ Remove chicken from slow cooker; shred with 2 forks. Return chicken to slow cooker. Stir tortilla strips into stew.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:51.35, Glycemic Load:20.62, Inflammation Score:-10, Nutrition Score:24.990434833195%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 343.65kcal (17.18%), Fat: 5.48g (8.43%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 37g (13.45%), Sugar: 6.41g (7.12%), Cholesterol: 95.51mg (31.84%), Sodium: 732.12mg (31.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.02%), Vitamin A: 3774.75IU (75.5%), Vitamin B6: 1.38mg (69.15%), Vitamin B3: 13.34mg (66.72%), Selenium: 37.95µg (54.21%), Phosphorus: 421.97mg (42.2%), Potassium: 1397.51mg (39.93%), Vitamin B5: 2.38mg (23.81%), Manganese: 0.47mg (23.55%), Magnesium: 89.55mg (22.39%), Fiber: 5.43g (21.7%), Vitamin B1: 0.26mg (17.55%), Vitamin B2: 0.29mg (17.16%), Iron: 2.7mg (15%), Vitamin C: 11.9mg (14.43%), Zinc: 2.12mg (14.13%), Copper: 0.27mg (13.25%), Folate: 48.99µg (12.25%), Vitamin K: 9.27µg (8.83%), Vitamin B12: 0.47µg (7.81%), Vitamin E: 1.15mg (7.68%), Calcium: 70.34mg (7.03%)