



Stewed Chicken and Chickpeas

READY IN



35 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small bell pepper thinly sliced any color
- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 0.3 cup apricots dried halved
- ☐ 2 cloves garlic smashed
- ☐ 0.3 teaspoon ground cinnamon plus more for topping
- ☐ 4 servings kosher salt
- ☐ 0.3 cup greek yogurt low-fat 2 percent
- ☐ 3 pitas whole-wheat quartered
- ☐ 1 pinch of pepper flakes red

- ☐ 24 ounce chicken breasts boneless skinless
- ☐ 14 ounce no-salt-added tomato sauce canned

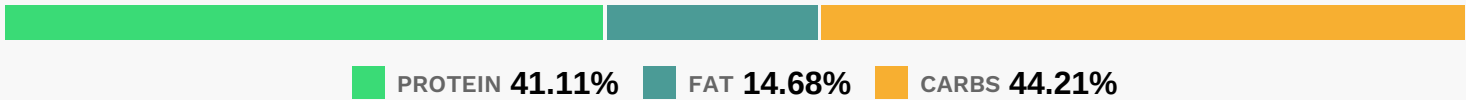
Equipment

- ☐ frying pan

Directions

- ☐ Combine the tomato sauce, 1 cup water, the chickpeas, bell pepper, apricots, garlic, garam masala, red pepper flakes and 1/2 teaspoon salt in a large skillet and bring to a simmer over medium-high heat. Nestle the chicken in the tomato-chickpea mixture; reduce the heat to maintain a gentle simmer and cook, uncovered, turning the chicken once, until cooked through, about 20 minutes.
- ☐ Divide the chicken and tomato-chickpea mixture among plates, top with the yogurt and sprinkle with parsley and garam masala to taste.
- ☐ Serve with the pita wedges.

Nutrition Facts



Properties

Glycemic Index:70.68, Glycemic Load:29.77, Inflammation Score:-9, Nutrition Score:32.711739244668%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 471.05kcal (23.55%), Fat: 7.69g (11.82%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 43.7g (15.89%), Sugar: 10.68g (11.87%), Cholesterol: 109.68mg (36.56%), Sodium: 1390.38mg (60.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.42g (96.84%), Vitamin B3: 20.24mg (101.2%), Vitamin B6: 1.98mg (98.85%), Selenium: 57.63µg (82.33%), Manganese: 1.3mg (64.87%), Phosphorus: 524.73mg (52.47%), Vitamin C: 33.35mg (40.43%), Potassium: 1299.32mg (37.12%), Fiber: 8.38g (33.5%), Vitamin B5: 3.34mg (33.39%), Vitamin A: 1482.39IU (29.65%), Magnesium: 104.91mg (26.23%), Copper: 0.44mg (21.94%), Iron: 3.89mg (21.6%), Vitamin B1: 0.29mg (19.57%), Vitamin B2: 0.32mg (18.64%), Vitamin E: 2.53mg (16.85%), Zinc: 2.4mg

(16.01%), Folate: 62.04µg (15.51%), Calcium: 123.67mg (12.37%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 4.45µg (4.24%), Vitamin D: 0.17µg (1.13%)