



## Sweet and Spicy Chicken and White Bean Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce baking potatoes cut into 1/2-inch cubes
- 14.5 ounce canned tomatoes diced undrained canned
- 15.5 ounce cannellini beans white undrained canned
- 2 tablespoons canola oil
- 0.5 teaspoon chili powder
- 0.3 cup cilantro leaves fresh chopped
- 3 garlic clove minced

- 0.5 teaspoon ground cardamom
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground coriander
- 0.3 teaspoon turmeric
- 1 tablespoon lemon grass fresh peeled chopped ( 1 stalk)
- 1 cup lite coconut milk light
- 2 cups onion finely chopped
- 0.8 pound chicken breast halves boneless skinless cut into bite-sized pieces
- 0.5 cup water

## Equipment

- frying pan
- dutch oven

## Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add cardamom, cloves, and garlic to pan; cook 30 seconds, stirring constantly.
- Add onion; saut 8 minutes or until tender.
- Add chili powder, turmeric, and coriander; cook 30 seconds.
- Add beans and chicken; stir to coat.
- Add milk, 1/2 cup water, lemongrass, tomatoes, and potato to pan. Cover, reduce heat, and simmer 30 minutes or until potato is tender.
- Serve with cilantro.
- Wine note: With its layered spices and distinctly Asian ingredients, this chicken and bean stew finds its match in an off-dry riesling like Blue Fish Sweet Riesling 2007 (\$1
- from Germany. The wine's peachy, tropical sweetness nicely balances the heat of the dish, while its vibrant acidity cuts through the richness of coconut milk. Jeffery Lindenmuth

## Nutrition Facts



■ PROTEIN 27.1% ■ FAT 27.38% ■ CARBS 45.52%

## Properties

Glycemic Index:53.69, Glycemic Load:15.51, Inflammation Score:-9, Nutrition Score:23.007391237694%

## 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 Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg

## Nutrients (% of daily need)

Calories: 433.82kcal (21.69%), Fat: 13.12g (20.18%), Saturated Fat: 4.48g (28%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 40.52g (14.73%), Sugar: 6.49g (7.21%), Cholesterol: 54.43mg (18.14%), Sodium: 316.96mg (13.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.42%), Vitamin B6: 1.05mg (52.49%), Manganese: 1mg (50.21%), Vitamin B3: 9.76mg (48.8%), Selenium: 30.06µg (42.95%), Potassium: 1204.56mg (34.42%), Fiber: 8.55g (34.18%), Phosphorus: 340.76mg (34.08%), Iron: 5.15mg (28.59%), Magnesium: 103.22mg (25.81%), Folate: 99.7µg (24.93%), Copper: 0.39mg (19.57%), Vitamin B5: 1.71mg (17.07%), Vitamin B1: 0.25mg (16.74%), Vitamin E: 2.41mg (16.05%), Vitamin C: 13.17mg (15.96%), Calcium: 151.67mg (15.17%), Zinc: 2.13mg (14.23%), Vitamin K: 13.2µg (12.57%), Vitamin A: 580.73IU (11.61%), Vitamin B2: 0.18mg (10.34%), Vitamin B12: 0.17µg (2.83%)