



Sweet & Smoky Chicken Stew (Ww Core Friendly)

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots peeled cut into coins 1/
- 0.8 teaspoon cinnamon
- 1 teaspoon cornstarch
- 1 teaspoon cumin
- 2 cups fat-skimmed beef broth fat-free
- 3 garlic clove sliced
- 0.8 teaspoon ground ginger

- 1 tablespoon honey
- 2 teaspoons olive oil
- 1 cup peas frozen
- 0.3 teaspoon pepper
- 1 bell pepper red
- 0.5 teaspoon pepper red
- 0.3 teaspoon salt
- 7 spring onion cut into 1 inch pieces
- 0.8 lb chicken breast boneless skinless cut into 3/4 inch cubes
- 1 large sweet potatoes and into peeled cut into 3/4 inch cubes
- 1 dash turmeric
- 0.5 teaspoon vinegar
- 1 tablespoon water
- 3 tablespoons flour white

Equipment

- frying pan
- ladle

Directions

- Once you start cooking, this dish comes together rather quickly. As such it is best if you do all your cutting and chopping before starting to cook.
- Heat the oil in a nonstick skillet until hot but not smoking.
- Combine the flour salt and pepper. Dredge the chicken cubes in the seasoned flour. Shake off excess flour and place the chicken in the pan. Reserve unused flour for later. Cook chicken until browned, about 3 minutes per side.
- Remove chicken from the pan. Apply a scant amount of cooking spray to the pan.
- Add the red peppers and cook for 2 or 3 minutes.
- Add the scallions and garlic slices, stir and cook an additional minute.

- Add the carrots and sweet potatoes, stirring in the reserved flour left over from the chicken.
- Mix in the dry spices (cumin, ginger, cinnamon, red pepper flakes and turmeric). Stir in the chicken broth, honey and vinegar and bring to a boil. Reduce heat to a low simmer, cover and cook until the potatoes are almost tender, about 5 minutes. Return the chicken to the skillet and cook until the chicken is cooked all the way through, another 5 minutes or so. Stir in the peas and cook through, a minute or two. If you like a thicker stew, bring the stew to a boil and swirl in the cornstarch mixed in water at the same time you add in the peas. Cook for a minute. Ladle the stew over rice or couscous and serve.

Nutrition Facts



Properties

Glycemic Index: 116.86, Glycemic Load: 16.62, Inflammation Score: -10, Nutrition Score: 29.55347826087%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 289.32kcal (14.47%), Fat: 4.99g (7.68%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 31.25g (11.36%), Sugar: 12.64g (14.04%), Cholesterol: 54.43mg (18.14%), Sodium: 777.95mg (33.82%), Protein: 23.72g (47.43%), Vitamin A: 16132.87IU (322.66%), Vitamin C: 61.28mg (74.28%), Vitamin B3: 11.74mg (58.68%), Vitamin K: 59.51µg (56.68%), Vitamin B6: 1.06mg (52.75%), Selenium: 33.64µg (48.05%), Manganese: 0.79mg (39.61%), Phosphorus: 305.23mg (30.52%), Fiber: 6.86g (27.43%), Potassium: 933.68mg (26.68%), Vitamin B5: 2.27mg (22.66%), Vitamin B1: 0.32mg (21.04%), Folate: 78.16µg (19.54%), Magnesium: 71.52mg (17.88%), Vitamin B2: 0.3mg (17.46%), Iron: 2.85mg (15.83%), Copper: 0.3mg (14.77%), Zinc: 1.55mg (10.33%), Vitamin E: 1.53mg (10.21%), Calcium: 81.36mg (8.14%), Vitamin B12: 0.4µg (6.62%)