



Tava or Turkish Stew

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced with juice canned
- 1 tablespoon garlic minced
- 6 ounce mushrooms drained
- 2 tablespoons olive oil divided
- 1 onion diced
- 12 ounce roasted bell peppers red drained
- 6 servings salt and pepper to taste
- 16 ounce mozzarella cheese shredded

1.5 pounds chicken breast halves boneless skinless cut into 1 inch cubes

Equipment

food processor

frying pan

oven

blender

casserole dish

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

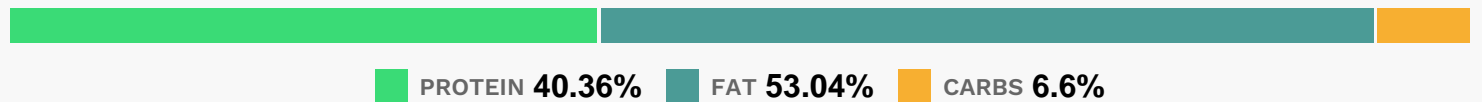
Heat 1 tablespoon oil in a skillet over medium heat, and cook the chicken until juices run clear.

Puree the roasted red peppers in a blender or food processor until smooth. In the prepared casserole dish, mix the cooked chicken, roasted red peppers, tomatoes, mushrooms, onion, and garlic. Season with salt and pepper.

Drizzle with remaining 1 tablespoon olive oil, and top with mozzarella cheese.

Bake 30 minutes in the preheated oven, until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:23.663478478141%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 423.09kcal (21.15%), Fat: 24.79g (38.14%), Saturated Fat: 11.28g (70.49%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.64g (2.05%), Sugar: 2.13g (2.37%), Cholesterol: 132.3mg (44.1%), Sodium: 1578.02mg (68.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.45g (84.9%), Selenium: 52.23µg (74.61%), Vitamin B3: 13.27mg (66.36%), Phosphorus: 548.83mg (54.88%), Vitamin B6: 1.05mg (52.31%), Calcium: 418.34mg (41.83%), Vitamin C: 30.09mg (36.48%), Vitamin B12: 1.96µg (32.7%), Vitamin B2: 0.46mg (27.34%), Vitamin B5: 2.2mg (21.99%), Zinc: 3.16mg (21.08%), Potassium: 682.16mg (19.49%), Vitamin A: 840.39IU (16.81%), Magnesium: 55.56mg (13.89%), Copper: 0.21mg (10.7%), Vitamin B1: 0.14mg (9.57%), Manganese: 0.19mg (9.51%), Iron: 1.44mg (7.98%), Vitamin E: 1.04mg (6.92%), Folate: 27.24µg (6.81%), Fiber: 1.3g (5.21%), Vitamin K: 4.87µg (4.64%), Vitamin D: 0.47µg (3.15%)