



Terri's Chicken Carcass Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce beans ranch-style canned
- ☐ 4 cups chicken broth
- ☐ 1.5 cups chicken meat shredded cooked
- ☐ 0.5 teaspoon chili powder
- ☐ 7 ounce chiles diced green canned
- ☐ 0.3 teaspoon ground pepper black
- ☐ 30 ounce hominy white drained canned
- ☐ 0.5 onion chopped

- ☐ 1 pinch oregano dried
- ☐ 2.5 tablespoons potato flakes dry
- ☐ 2 tomatoes chopped

Equipment

- ☐ slow cooker

Directions

- ☐ Place chicken, onion, tomatoes, hominy, undrained pinto beans, green chili peppers, oregano, chili powder and pepper into a slow cooker.
- ☐ Add enough chicken broth to cover ingredients and cook on low for 6 hours. An hour prior to serving add potato flakes and let thicken.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:4.13, Inflammation Score:-6, Nutrition Score:14.136086878569%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 267.84kcal (13.39%), Fat: 4.39g (6.75%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 31.53g (11.47%), Sugar: 6.25g (6.95%), Cholesterol: 29.38mg (9.79%), Sodium: 1420.83mg (61.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.6%), Fiber: 9g (36.01%), Vitamin C: 23.17mg (28.08%), Manganese: 0.47mg (23.31%), Phosphorus: 224.61mg (22.46%), Vitamin B3: 4.37mg (21.83%), Selenium: 15.28µg (21.83%), Zinc: 2.74mg (18.24%), Vitamin B6: 0.34mg (17.04%), Iron: 2.99mg (16.59%), Magnesium: 64.11mg (16.03%), Potassium: 525.52mg (15.01%), Vitamin B1: 0.22mg (14.54%), Vitamin B2: 0.23mg (13.45%), Folate: 50.28µg (12.57%), Copper: 0.23mg (11.54%), Vitamin A: 453.12IU (9.06%), Vitamin B5: 0.87mg (8.71%), Vitamin K: 7.42µg (7.06%), Calcium: 66.16mg (6.62%), Vitamin E: 0.44mg (2.94%), Vitamin B12: 0.13µg (2.21%)