



West African Chicken Stew

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds meat from a rotisserie chicken boneless cut into 1/2 inch cubes
- 1 cup chicken broth
- 2 cloves garlic crushed
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon coarse ground pepper black
- 1 large onion chopped
- 0.8 cup peanut butter

- 5 medium potatoes cubed peeled
- 1 teaspoon pepper flakes red crushed
- 1 teaspoon salt
- 2 cups pkt spinach fresh chopped
- 1 tablespoon vegetable oil
- 1 cup water

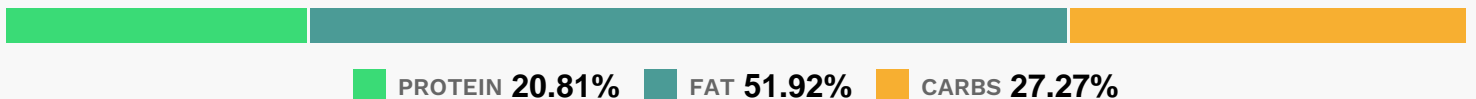
Equipment

- frying pan

Directions

- Heat the oil in a large, heavy skillet over medium-heat heat; cook the chicken in the skillet until completely brown, 5 to 7 minutes; remove and set aside.
- Add the onion, potatoes, garlic, pepper, salt, coriander, cumin, and red pepper to the skillet and cook until the onions soften, about 5 minutes. Stir in the water, chicken broth, and peanut butter. Return the chicken to the skillet and top with the spinach. Cover and simmer until the potatoes are cooked through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:24.19, Inflammation Score:-9, Nutrition Score:28.039130304171%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

Nutrients (% of daily need)

Calories: 603.46kcal (30.17%), Fat: 35.64g (54.84%), Saturated Fat: 8.39g (52.41%), Carbohydrates: 42.11g (14.04%), Net Carbohydrates: 35.62g (12.95%), Sugar: 6.08g (6.76%), Cholesterol: 82.43mg (27.48%), Sodium: 775.35mg (33.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.29%), Vitamin B3: 13.82mg (69.11%), Vitamin

B6: 1.12mg (55.96%), Vitamin K: 58.6µg (55.81%), Vitamin C: 41.78mg (50.64%), Manganese: 0.99mg (49.42%), Phosphorus: 390.33mg (39.03%), Potassium: 1259.47mg (35.98%), Magnesium: 131.93mg (32.98%), Selenium: 18.24µg (26.06%), Fiber: 6.49g (25.98%), Vitamin E: 3.83mg (25.56%), Vitamin A: 1199.92IU (24%), Folate: 87.03µg (21.76%), Copper: 0.43mg (21.58%), Iron: 3.66mg (20.33%), Zinc: 2.95mg (19.66%), Vitamin B5: 1.91mg (19.12%), Vitamin B1: 0.29mg (19.03%), Vitamin B2: 0.3mg (17.92%), Calcium: 77.57mg (7.76%), Vitamin B12: 0.35µg (5.76%), Vitamin D: 0.22µg (1.45%)