



West African Peanut-Chicken Stew

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

READY IN



50 min.

SERVINGS



5

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast boneless skinless (4)
- 1 box cooking fat
- 2 tablespoons vegetable oil
- 2.5 cups water hot
- 14.5 oz tomatoes diced with onion and pepper, undrained canned
- 0.5 lb kielbasa fully cooked sliced
- 2 tablespoons peanut butter

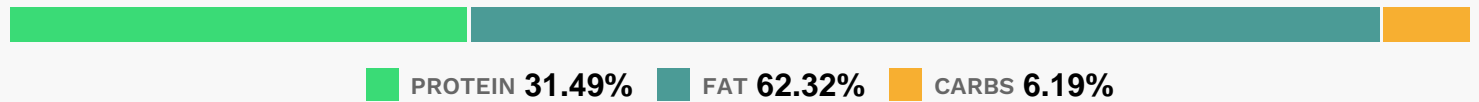
Equipment

sauce pan

Directions

- Cut chicken into strips, about 2x1/4 inch. In 3- to 4-quart saucepan, stir chicken and chicken seasoning (from jambalaya mix) until chicken is evenly coated; stir in oil. (For best results, use saucepan with nonstick finish.)
- Cook chicken uncovered over medium-high heat about 8 minutes, turning chicken over after 5 minutes, until dark brown on both sides. Stir in hot water, sauce mix and uncooked rice (from jambalaya mix), tomatoes and sausage.
- Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 25 minutes, stirring once, until rice is tender.
- Stir in peanut butter. Cook about 2 minutes longer or until mixture is thickened. Cover; let stand about 5 minutes or until most of liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:16.191739297431%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 353.36kcal (17.67%), Fat: 24.39g (37.53%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.33g (1.57%), Sugar: 2.63g (2.92%), Cholesterol: 89.98mg (29.99%), Sodium: 653.52mg (28.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.47%), Vitamin B3: 12.46mg (62.3%), Selenium: 37.4µg (53.43%), Vitamin B6: 0.89mg (44.27%), Phosphorus: 289.51mg (28.95%), Vitamin B1: 0.33mg (22.11%), Potassium: 633.82mg (18.11%), Vitamin B5: 1.66mg (16.62%), Magnesium: 50.98mg (12.74%), Vitamin B2: 0.22mg (12.66%), Vitamin K: 12.59µg (11.99%), Vitamin E: 1.76mg (11.77%), Zinc: 1.69mg (11.27%), Vitamin C: 9.19mg (11.14%), Iron: 1.9mg (10.55%), Vitamin B12: 0.63µg (10.43%), Manganese: 0.19mg (9.65%), Copper: 0.17mg (8.39%), Fiber: 1.13g (4.52%), Calcium: 42.15mg (4.22%), Folate: 16.62µg (4.15%), Vitamin A: 123.41IU (2.47%)