



West African-Style Chicken and Fennel Stew

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

READY IN



50 min.

SERVINGS



6

CALORIES



161 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- 10.5 ounce campbell's® condensed onion soup french canned
- 2 large bulbs fennel cut into 1/2-inch slices crosswise cut in half and
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 0.3 tablespoon ground pepper red
- 2 tablespoons juice of lemon
- 2 teaspoons lemon zest grated

- 2 tablespoons olive oil
- 0.5 teaspoon paprika
- 2 ounce chicken thighs boneless skinless cut in thirds lengthwise

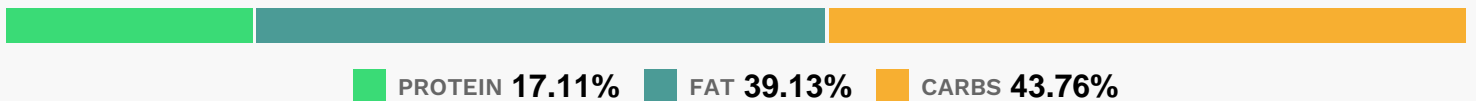
Equipment

- bowl
- frying pan

Directions

- Stir the cumin, paprika and red pepper in a small bowl. Season the chicken with the cumin mixture.
- Heat the oil in a 12-inch skillet over medium-high heat.
- Add the chicken and cook until well browned, stirring occasionally.
- Remove the chicken from the skillet.
- Add the fennel to the skillet and cook for 10 minutes or until lightly browned, stirring occasionally.
- Stir the soup, lemon juice and chickpeas in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through. Stir in the parsley and lemon zest just before serving.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:4.1, Inflammation Score:-5, Nutrition Score:11.90434793804%

Flavonoids

Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg, Eriodictyol: 1.09mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 160.86kcal (8.04%), Fat: 7.33g (11.28%), Saturated Fat: 1.37g (8.55%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 12.26g (4.46%), Sugar: 4.84g (5.38%), Cholesterol: 10.96mg (3.65%), Sodium: 503.22mg (21.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.43%), Vitamin K: 54.45µg (51.86%), Manganese: 0.75mg (37.58%), Fiber: 6.19g (24.75%), Vitamin B6: 0.43mg (21.43%), Potassium: 692.1mg (19.77%), Vitamin C: 12.59mg (15.26%), Phosphorus: 116.97mg (11.7%), Folate: 40.99µg (10.25%), Iron: 1.84mg (10.2%), Magnesium: 36.98mg (9.24%), Copper: 0.17mg (8.65%), Vitamin E: 1.29mg (8.59%), Calcium: 77.29mg (7.73%), Vitamin A: 336.05IU (6.72%), Selenium: 4.16µg (5.94%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.82mg (5.5%), Vitamin B5: 0.52mg (5.23%), Vitamin B2: 0.06mg (3.51%), Vitamin B1: 0.04mg (2.96%), Vitamin B12: 0.06µg (1.01%)