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Chicken Stew

A hearty and comforting chicken stew that is perfect for cold winter nights. This stew is made with tender chicken pieces, vegetables, and flavorful spices. It is a classic dish that is loved by both kids and adults.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Chicken
200 g	Carrots
300 g	potatoes
100 g	onion
2 cloves	garlic

4 c	chicken broth
2 tbsp	tomato paste
2 pieces	Bay Leaves
1 tsp	Thyme
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Sautéing

Heat oil in a large pot over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Sautéing

Add chicken pieces to the pot and cook until browned on all sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Simmering

Add carrots, potatoes, chicken broth, tomato paste, bay leaves, thyme, salt, and black pepper to the pot. Bring to a boil, then reduce heat to low and simmer for 45 minutes, or until chicken is cooked through and vegetables are tender.

Prep Time: 5 mins

Cook Time: 45 mins

Step 4

Remove bay leaves from the pot and serve the chicken stew hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Winter

Fall

Events

Christmas

Thanksgiving

Birthday

Valentine's Day

New Year

Back to School

Barbecue

Picnic

Cuisines

Italian

French

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Kitchen Tools

Blender

Course

Main Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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