

Mediterranean Chicken Stew

Epicurious.com
Dash Magazine - October 2012

Servings: 6

1/2 cup flour
1 teaspoon salt, divided
1/2 teaspoon black pepper, divided
1 (three pound) chicken, cut into pieces
2 tablespoons olive oil
1 onion, chopped
2 teaspoons garlic, chopped
1 can (14 ounce) diced tomatoes
2 small cans mushrooms, drained
1 teaspoon dried oregano
hot cooked linguine

Preparation Time: 30 minutes

Combine the flour, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Coat the chicken with the flour mixture.

In a large skillet, heat the oil for 30 seconds. Add the chicken and brown on all sides. Remove the chicken to a large bowl.

In the same skillet, saute' the onion and garlic for 3 minutes. Add the tomatoes, mushrooms, 1/2 teaspoon salt, 1/4 teaspoon pepper and oregano. Bring to a boil.

Add the chicken. Cover and simmer for 25 minutes or until done.

Serve with linguine.

Start to Finish Time: 55 minutes

Per Serving (excluding unknown items): 631 Calories; 44g Fat (63.4% calories from fat); 45g Protein; 12g Carbohydrate; 1g Dietary Fiber; 226mg Cholesterol; 533mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 5 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	631	Vitamin B6 (mg):	.9mg
% Calories from Fat:	63.4%	Vitamin B12 (mcg):	2.5mcg
% Calories from Carbohydrates:	7.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	28.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	44g	Folacin (mcg):	78mcg

Saturated Fat (g): 11g
Monounsaturated Fat (g): 19g
Polyunsaturated Fat (g): 9g
Cholesterol (mg): 226mg
Carbohydrate (g): 12g
Dietary Fiber (g): 1g
Protein (g): 45g
Sodium (mg): 533mg
Potassium (mg): 632mg
Calcium (mg): 41mg
Iron (mg): 4mg
Zinc (mg): 3mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 2325IU
Vitamin A (r.e.): 654RE

Niacin (mg): 17mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 6
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 5
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 631 **Calories from Fat:** 400

% Daily Values*

Total Fat	44g	67%
Saturated Fat	11g	57%
Cholesterol	226mg	75%
Sodium	533mg	22%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	5%
Protein	45g	
Vitamin A		46%
Vitamin C		23%
Calcium		4%
Iron		24%

* Percent Daily Values are based on a 2000 calorie diet.