



## Auto Parts Chicken

READY IN



45 min.

SERVINGS



5

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaves crushed
- 1 tablespoon butter
- 2 large carrots sliced
- 10.8 ounce chicken broth canned
- 2 teaspoons parsley dried
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 5 servings pepper black to taste
- 1 leek chopped

- 1 tablespoon olive oil
- 4 large potatoes chopped
- 4 chicken breast boneless skinless
- 2 tablespoons water
- 0.5 onion white sliced into thin wedges

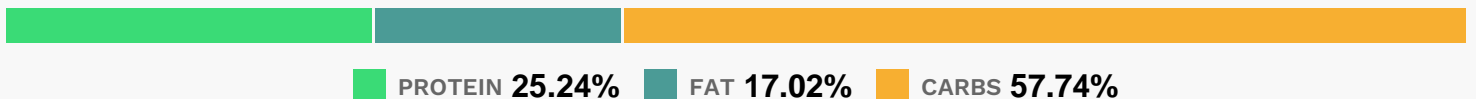
## Equipment

- frying pan

## Directions

- In a large skillet, heat the butter/margarine and oil over medium heat. Lightly brown the chicken breast halves.
- Add the garlic, leek and onion and saute until they begin to soften.
- Add the potatoes and carrots, then add chicken broth, water, bay leaf, pepper and parsley. Simmer all together for 30 minutes or until vegetables are soft.
- Combine 2 tablespoons each flour and water and mix together (done easily if you shake together in a jar). Turn up heat under skillet and add flour/water mixture to thicken the juices.

## Nutrition Facts



## Properties

Glycemic Index:75.32, Glycemic Load:41.38, Inflammation Score:-10, Nutrition Score:31.37304386367%

## Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg, Quercetin: 4.4mg

## Nutrients (% of daily need)

Calories: 419.05kcal (20.95%), Fat: 7.98g (12.28%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 60.94g (20.31%), Net Carbohydrates: 52.99g (19.27%), Sugar: 5.12g (5.68%), Cholesterol: 65.1mg (21.7%), Sodium: 391.41mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.63g (53.27%), Vitamin A: 5215.16IU (104.3%), Vitamin B6: 1.66mg (82.98%), Vitamin C: 64.32mg (77.97%), Vitamin B3: 13.23mg (66.16%), Potassium: 1739.73mg (49.71%), Selenium: 31.55µg (45.07%), Phosphorus: 386.15mg (38.61%), Manganese: 0.69mg (34.65%), Fiber: 7.96g (31.82%), Magnesium: 102.98mg (25.75%), Vitamin B1: 0.37mg (24.52%), Vitamin B5: 2.31mg (23.1%), Copper: 0.4mg (20.08%), Vitamin K: 20.62µg (19.64%), Folate: 75.54µg (18.88%), Iron: 3.37mg (18.7%), Vitamin B2: 0.26mg (15.54%), Zinc: 1.57mg (10.5%), Vitamin E: 1.06mg (7.05%), Calcium: 69.49mg (6.95%), Vitamin B12: 0.2µg (3.3%)