



Chicken a la King

READY IN



160 min.

SERVINGS



6

CALORIES



1228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus cut into 1-inch pieces on a long angle thin
- ☐ 3 tablespoons butter
- ☐ 2 carrots thinly sliced
- ☐ 3 ribs celery thinly sliced
- ☐ 2.5 cups chicken stock see
- ☐ 2 tablespoons chives finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 bay leaf fresh
- ☐ 2 tablespoons tarragon fresh chopped

- ☐ 0.5 cup heavy cream
- ☐ 1 can fried noodles chinese thin (or leftovers from your last takeout)
- ☐ 1 large onion finely chopped
- ☐ 1 cup peas frozen
- ☐ 2 packages puff-pastry shells (4 to 6 each)
- ☐ 0.5 bell pepper red thinly sliced into strips
- ☐ 6 servings salt and pepper
- ☐ 4 chicken breasts boneless skinless cut into bite-size pieces
- ☐ 0.5 cup white wine

Equipment

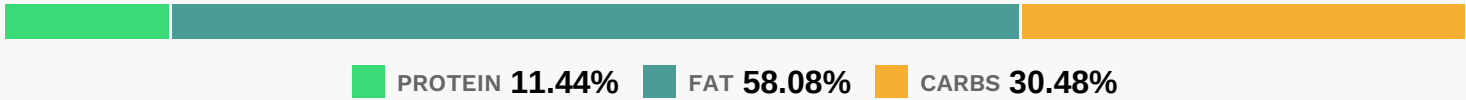
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place a large, deep-sided skillet over medium-high heat with EVOO, 2 turns of the pan.
- ☐ Add the celery, onions, carrots and bay leaf and season with a little salt and pepper. Cook, stirring frequently, for about 7 to 8 minutes.
- ☐ Add the red bell pepper and continue to cook for an additional 2 to 3 minutes. Scoot the veggies over to the sides and add the butter to the center of the skillet. Once the butter has melted, add the flour and cook for about 1 minute.
- ☐ Whisk in the white wine, chicken stock and cream. Bring the liquids up to a simmer, then add the chicken pieces. Bring back up to a simmer and add the asparagus. Simmer the mixture until the chicken is cooked through and the asparagus is tender, about 10 to 12 minutes more. Cool and store for a make-ahead meal. Reheat over medium heat.
- ☐ Add the peas and tarragon to the a la King mixture and stir to combine. Adjust seasoning.
- ☐ Preheat the oven according to package directions for the puff-pastry shells. Arrange the shells on a nonstick baking sheet, then place in oven.

- ☐
- Bake until golden, remove from oven and let cool.
- ☐
- Serve mixture filling and spilling over the pastry cups, 2 per person.
- ☐
- Garnish each dish with noodles and chives.

Nutrition Facts



Properties

Glycemic Index:94.53, Glycemic Load:45.31, Inflammation Score:-10, Nutrition Score:38.654347554497%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 3.47mg, Isorhamnetin: 3.47mg, Isorhamnetin: 3.47mg, Isorhamnetin: 3.47mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg

Nutrients (% of daily need)

Calories: 1228.22kcal (61.41%), Fat: 78.71g (121.1%), Saturated Fat: 24.77g (154.83%), Carbohydrates: 92.92g (30.97%), Net Carbohydrates: 86.46g (31.44%), Sugar: 8.39g (9.32%), Cholesterol: 88.68mg (29.56%), Sodium: 917.2mg (39.88%), Alcohol: 2.06g (100%), Alcohol %: 0.49% (100%), Protein: 34.89g (69.78%), Selenium: 69.55µg (99.35%), Vitamin A: 4904.59IU (98.09%), Vitamin B3: 17.99mg (89.93%), Manganese: 1.3mg (65.12%), Vitamin B1: 0.93mg (61.84%), Vitamin K: 60.84µg (57.94%), Folate: 206.72µg (51.68%), Vitamin B2: 0.84mg (49.41%), Vitamin B6: 0.91mg (45.67%), Iron: 7.06mg (39.22%), Phosphorus: 379.75mg (37.98%), Vitamin C: 31.12mg (37.73%), Potassium: 905.84mg (25.88%), Fiber: 6.45g (25.81%), Copper: 0.43mg (21.43%), Magnesium: 84.3mg (21.08%), Zinc: 2.29mg (15.28%), Vitamin E: 2.21mg (14.75%), Vitamin B5: 1.46mg (14.57%), Calcium: 104.29mg (10.43%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.39µg (2.62%)