



Chicken à la King

READY IN



30 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 0.5 cup bell pepper green chopped
- 3 ounces mushrooms fresh sliced
- 0.5 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1.5 cups milk
- 1.3 cups chicken broth (from 32-ounce carton)
- 2 cups roasted chicken cooked

- 2 ounces pimientos diced drained
- 3 cups rice hot cooked toasted

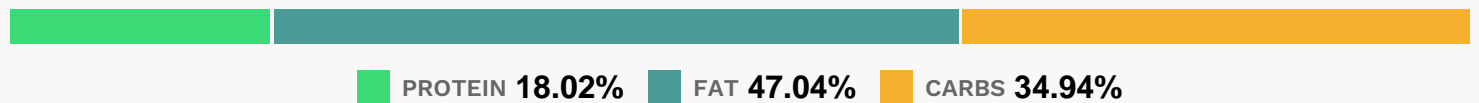
Equipment

- sauce pan

Directions

- Melt butter in 3-quart saucepan over medium-high heat. Cook bell pepper and mushrooms in butter, stirring occasionally, until bell pepper is crisp-tender.
- Stir in flour, salt and pepper. Cook over medium heat, stirring constantly, until bubbly; remove from heat. Stir in milk and broth.
- Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in chicken and pimientos; cook until hot.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:65.17, Glycemic Load:31.07, Inflammation Score:-6, Nutrition Score:13.151739130849%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 402.18kcal (20.11%), Fat: 20.92g (32.19%), Saturated Fat: 11.81g (73.79%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 33.77g (12.28%), Sugar: 4.12g (4.57%), Cholesterol: 83.97mg (27.99%), Sodium: 558.94mg (24.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.06%), Selenium: 23.82µg (34.03%), Vitamin B3: 5.43mg (27.16%), Manganese: 0.52mg (25.92%), Vitamin C: 20.11mg (24.37%), Phosphorus: 219.72mg (21.97%), Vitamin B6: 0.37mg (18.74%), Vitamin B2: 0.32mg (18.67%), Vitamin A: 888.95IU (17.78%), Vitamin B5: 1.29mg (12.87%), Vitamin B1: 0.19mg (12.83%), Zinc: 1.58mg (10.56%), Calcium: 99.41mg (9.94%), Potassium: 336.71mg (9.62%), Iron: 1.56mg (8.68%), Vitamin B12: 0.51µg (8.54%), Magnesium: 33.09mg (8.27%), Copper: 0.16mg (8.21%), Folate: 28.66µg (7.17%), Fiber: 1.19g (4.75%), Vitamin D: 0.7µg (4.66%), Vitamin E: 0.65mg (4.36%), Vitamin K:

3.56µg (3.39%)