

Chicken à la King

READY IN



30 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- ☐ 2 ounces pimientos diced drained
- ☐ 0.5 teaspoon salt

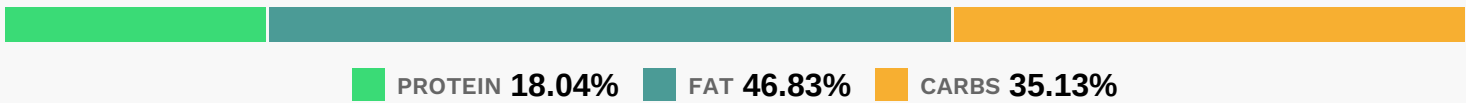
Equipment

- ☐ 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:56.83, Glycemic Load:31.06, Inflammation Score:-7, Nutrition Score:13.302173821822%

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: 402.56kcal (20.13%), Fat: 20.81g (32.01%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 33.93g (12.34%), Sugar: 4.11g (4.56%), Cholesterol: 43.3mg (14.43%), Sodium: 615.69mg (26.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.08%), Selenium: 23.63µg (33.76%), Vitamin B3: 5.43mg (27.14%), Manganese: 0.52mg (25.92%), Vitamin C: 20.15mg (24.42%), Phosphorus: 219.53mg (21.95%), Vitamin A: 1092.87IU (21.86%), Vitamin B6: 0.38mg (18.8%), Vitamin B2: 0.32mg (18.7%), Vitamin B1: 0.19mg (12.9%), Vitamin B5: 1.28mg (12.82%), Zinc: 1.57mg (10.45%), Calcium: 100.54mg (10.05%), Potassium: 340.11mg (9.72%), Iron: 1.56mg (8.65%), Magnesium: 33.28mg (8.32%), Vitamin B12: 0.5µg (8.32%), Copper: 0.16mg (8.21%), Folate: 28.28µg (7.07%), Vitamin E: 0.8mg (5.35%), Fiber: 1.19g (4.75%), Vitamin D: 0.7µg (4.66%), Vitamin K: 2.23µg (2.13%)