



Chicken a la King I

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless cooked chopped
- ☐ 0.5 cup butter
- ☐ 4.5 ounce mushrooms drained canned
- ☐ 1.5 teaspoons chicken powder
- ☐ 0.5 cup flour all-purpose
- ☐ 1 bell pepper green chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 cups milk

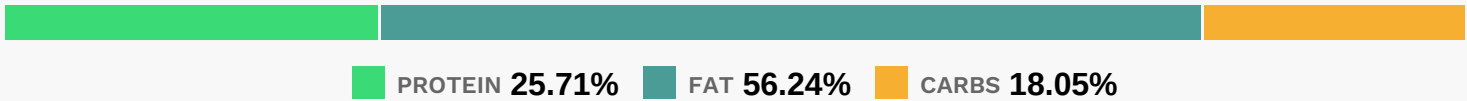
- ☐ 4 ounces pimento chopped
- ☐ 1 teaspoon salt
- ☐ 1.3 cups water hot

Equipment

Directions

- ☐ Cook and stir drained mushrooms and green pepper in butter or margarine over medium heat for 5 minutes.
- ☐ Remove from heat.
- ☐ Blend in flour, salt, and pepper. Cook over low heat, stirring constantly, until mixture is bubbly.
- ☐ Remove from heat.
- ☐ Stir in instant bouillon, milk, water, and reserved mushroom liquid.
- ☐ Heat to boiling, stirring constantly. Boil and stir for 1 minute.
- ☐ Stir in chicken and pimienta.
- ☐ Heat through.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:5.43, Inflammation Score:-6, Nutrition Score:11.73739114015%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 234.11kcal (11.71%), Fat: 14.69g (22.6%), Saturated Fat: 8.51g (53.2%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 9.41g (3.42%), Sugar: 3.5g (3.88%), Cholesterol: 72.2mg (24.07%), Sodium: 627.01mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Vitamin B3: 6.85mg (34.25%), Vitamin C: 27.38mg (33.19%), Selenium: 22.53µg (32.19%), Vitamin B6: 0.54mg (26.79%), Phosphorus: 193.9mg (19.39%),

Vitamin A: 877.34IU (17.55%), Vitamin B5: 1.17mg (11.74%), Vitamin B2: 0.18mg (10.74%), Potassium: 365.45mg (10.44%), Vitamin B1: 0.15mg (9.95%), Calcium: 70.18mg (7.02%), Magnesium: 27.75mg (6.94%), Vitamin B12: 0.39µg (6.42%), Manganese: 0.12mg (5.89%), Iron: 1.06mg (5.86%), Folate: 21.51µg (5.38%), Zinc: 0.75mg (5.03%), Fiber: 1.19g (4.75%), Copper: 0.09mg (4.49%), Vitamin E: 0.64mg (4.28%), Vitamin D: 0.59µg (3.94%), Vitamin K: 3.92µg (3.73%)