



Chicken Delicacy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 rib celery chopped
- 4 cups meat from a rotisserie chicken cooked chopped
- 8 servings rice hot cooked
- 3 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 1 Dash garlic powder
- 0.5 small bell pepper green chopped
- 4 green onions chopped

- 0.3 teaspoon ground pepper black
- 0.3 teaspoon ground pepper red
- 1 small onion chopped
- 8 servings garnish: parsley sprigs fresh
- 0.5 teaspoon salt
- 1.5 ounce beef stew seasoning mix
- 0.5 cup vegetable oil
- 3 cups water hot

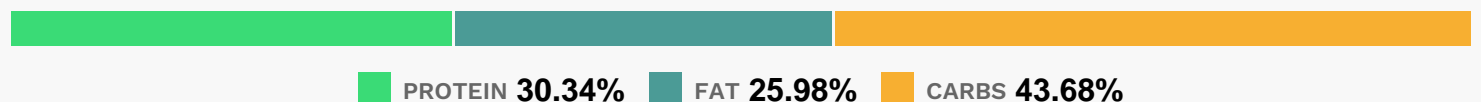
Equipment

- sauce pan
- stove
- microwave

Directions

- Microwave first 4 ingredients in a 13- x 9-inch microwave-safe dish at HIGH 6 to 8 minutes or until tender. Stir in chicken; microwave at HIGH 6 minutes. Stir in flour and next 8 ingredients.
- Microwave uncovered, at HIGH 15 minutes, stirring twice. Microwave, covered, at MEDIUM (50% power) 15 minutes, stirring twice.
- Serve over hot cooked rice; garnish, if desired.
- Note: To prepare on stovetop, saut onion, bell pepper, and celery in hot oil in a large saucepan. Stir in chicken and next 9 ingredients; bring to a boil. Reduce heat; simmer, stirring occasionally, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:25.89, Inflammation Score:-7, Nutrition Score:17.846086937448%

Flavonoids

Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg, Apigenin: 12.66mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 276.89kcal (13.84%), Fat: 7.93g (12.2%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 30g (10%), Net Carbohydrates: 26.73g (9.72%), Sugar: 0.95g (1.05%), Cholesterol: 52.5mg (17.5%), Sodium: 209.33mg (9.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.84g (41.68%), Vitamin K: 147.4µg (140.38%), Manganese: 0.71mg (35.75%), Selenium: 24.44µg (34.91%), Vitamin B3: 6.39mg (31.96%), Vitamin B6: 0.45mg (22.45%), Iron: 3.59mg (19.96%), Phosphorus: 188.73mg (18.87%), Vitamin C: 13.48mg (16.34%), Vitamin A: 718.04IU (14.36%), Fiber: 3.26g (13.06%), Calcium: 119.69mg (11.97%), Zinc: 1.73mg (11.55%), Magnesium: 45.74mg (11.44%), Vitamin B5: 1.09mg (10.94%), Vitamin B2: 0.17mg (10.01%), Folate: 38.64µg (9.66%), Potassium: 330.5mg (9.44%), Vitamin E: 1.34mg (8.95%), Copper: 0.17mg (8.39%), Vitamin B1: 0.11mg (7.07%), Vitamin B12: 0.2µg (3.38%)