

Chicken Fricasee

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 baking potatoes peeled quartered
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 6 pound chickens whole cut into pieces
- ☐ 2 teaspoons parsley dried
- ☐ 29 ounce chicken broth fat-free canned
- ☐ 2 onion peeled sliced into rings
- ☐ 10 ounce peas green frozen
- ☐ 1 tablespoon vegetable oil

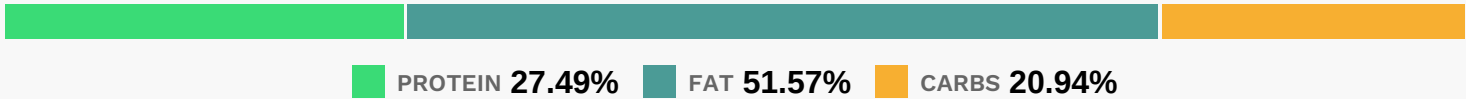
Equipment

☐ dutch oven

Directions

- ☐ Heat oil in a large pot or Dutch oven, over medium-high heat. Briefly brown chicken pieces in batches. When all of the pieces have been browned, return them all to the pot and cover with a layer of sliced onions, and then potatoes. Season with pepper and sprinkle with parsley.
- ☐ Pour the chicken broth over all.
- ☐ Cover and simmer on low heat for 45 minutes, pushing potatoes down into the liquid occasionally. When potatoes are tender but not mushy, add frozen peas and simmer for 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:19.74, Inflammation Score:-9, Nutrition Score:25.364782742832%

Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 571.77kcal (28.59%), Fat: 32.46g (49.94%), Saturated Fat: 9.03g (56.47%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 25.96g (9.44%), Sugar: 3.46g (3.84%), Cholesterol: 170.86mg (56.95%), Sodium: 482.16mg (20.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.94g (77.87%), Vitamin B3: 15.17mg (75.86%), Vitamin B6: 1.16mg (58.16%), Phosphorus: 444.55mg (44.45%), Vitamin A: 1894.89IU (37.9%), Selenium: 26µg (37.14%), Vitamin B12: 2.13µg (35.52%), Vitamin C: 25.05mg (30.36%), Potassium: 1051.48mg (30.04%), Vitamin B2: 0.44mg (26.08%), Vitamin B5: 2.57mg (25.67%), Iron: 4.42mg (24.57%), Folate: 93.05µg (23.26%), Zinc: 3.32mg (22.15%), Manganese: 0.44mg (21.77%), Vitamin B1: 0.31mg (20.9%), Magnesium: 79.94mg (19.99%), Copper: 0.33mg (16.39%), Fiber: 3.71g (14.83%), Vitamin K: 12.52µg (11.92%), Calcium: 53.03mg (5.3%), Vitamin E: 0.17mg (1.13%)