



Chicken Fricassee with Orzo

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup carrots diced
- 0.5 cup wine dry white
- 3 cups orzo pasta hot rice-shaped cooked uncooked ()
- 0.5 cup seasoning cubes diced
- 1 cup fat-skimmed beef broth fat-free
- 0.3 cup parsley fresh chopped
- 2 garlic clove minced
- 0.8 cup spring onion chopped

- 0.5 teaspoon salt
- 16 ounce chicken breast halves
- 2 teaspoons stick margarine
- 0.3 cup whipping cream

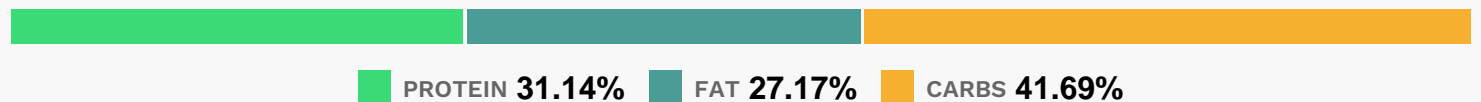
Equipment

- frying pan
- slotted spoon

Directions

- Sprinkle chicken with salt and pepper. Melt butter in a large nonstick skillet over medium-high heat.
- Add chicken; cook 3 minutes on each side or until browned.
- Remove chicken from pan.
- Add onions, carrot, ham, and garlic to pan; saut 4 minutes or until lightly browned. Stir in broth and wine, scraping to loosen browned bits. Return chicken to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until chicken is done.
- Remove chicken from pan with a slotted spoon; keep warm.
- Add whipping cream; cook, uncovered, over medium heat 8 minutes. Spoon 3/4 cup orzo onto each of 4 plates. Top each with 1 chicken breast half, 1/3 cup sauce, and 1 tablespoon parsley.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:59.08, Glycemic Load:20.87, Inflammation Score:-10, Nutrition Score:27.323043139085%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 494.62kcal (24.73%), Fat: 14.11g (21.7%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 45.06g (16.38%), Sugar: 3.23g (3.59%), Cholesterol: 102.62mg (34.21%), Sodium: 888.01mg (38.61%), Alcohol: 3.09g (100%), Alcohol %: 0.94% (100%), Protein: 36.38g (72.75%), Selenium: 75.54µg (107.91%), Vitamin K: 103.64µg (98.7%), Vitamin A: 3590.34IU (71.81%), Vitamin B3: 13.07mg (65.34%), Vitamin B6: 1mg (50.2%), Phosphorus: 360.4mg (36.04%), Manganese: 0.61mg (30.54%), Vitamin B5: 1.99mg (19.91%), Potassium: 670.95mg (19.17%), Iron: 3.08mg (17.14%), Magnesium: 67.9mg (16.97%), Fiber: 3.65g (14.59%), Vitamin C: 11.41mg (13.83%), Vitamin B2: 0.23mg (13.29%), Copper: 0.22mg (10.99%), Zinc: 1.64mg (10.93%), Folate: 36.85µg (9.21%), Vitamin B1: 0.14mg (9.17%), Vitamin B12: 0.37µg (6.24%), Calcium: 61.69mg (6.17%), Vitamin E: 0.8mg (5.32%), Vitamin D: 0.43µg (2.87%)