Chicken in a Pot

READY IN	SERVINGS	CALORIES
45 min.	5	476 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 bay leaf
- [ ] 0.3 teaspoon pepper black
- [ ] 10 peppercorns black
- [ ] 5 carrots 1-inch-thick cut into pieces (3/4 pound)
- [ ] 3 pound meat from a rotisserie chicken
- [ ] 48 ounce less-sodium chicken broth fat-free canned
- [ ] 2 tablespoons flour all-purpose
- [ ] 2 leeks trimmed cut into 3 pieces
- [ ] 0.5 cup milk 2% reduced-fat

- [ ] 2 onions quartered
- [ ] 1 pound potatoes red
- [ ] 0.5 teaspoon salt
- [ ] 1.5 tablespoons stick margarine
- [ ] 4 thyme sprigs
- [ ] 4 allspice whole

Equipment

- [ ] sauce pan
- [ ] whisk
- [ ] slotted spoon
- [ ] dutch oven
- [ ] cheesecloth

Directions

- [ ] Place first 4 ingredients on a double layer of cheesecloth. Gather edges of cheesecloth together, and tie securely.
- [ ] Place cheesecloth bag, potatoes, and the next 7 ingredients (potatoes through black pepper) in a large Dutch oven or stockpot over medium-high heat. Bring to a boil; reduce heat, and simmer, uncovered, 25 minutes. Turn chicken over and cook 20 minutes or until vegetables are tender and chicken is done.
- [ ] Remove chicken and vegetables with a slotted spoon; set aside, and keep warm. Discard the cheesecloth bag. Return the broth mixture to a boil, and cook until reduced to 4 cups (about 15 minutes).
- [ ] Remove from heat. Reserve 3 cups broth mixture for another use.
- [ ] Melt the butter in a saucepan over medium heat. Stir in the flour; reduce heat, and cook 1 minute.
- [ ] Add 1 cup broth mixture, and stir with a whisk. Stir in milk. Cook until thick (about 8 minutes), stirring frequently.
- [ ] Remove meat from bones; discard bones and skin. Chop chicken. Arrange vegetables on a platter, and top with chicken. Spoon sauce over chicken and vegetables.

- [ ] Sprinkle with chives, if desired.

Nutrition Facts

PROTEIN **25.34%** FAT **46.43%** CARBS **28.23%**

Properties

Glycemic Index:60.97, Glycemic Load:5.99, Inflammation Score:-10, Nutrition Score:26.570000161295%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg, Quercetin: 9.68mg

Nutrients (% of daily need)

Calories: 476.03kcal (23.8%), Fat: 24.66g (37.94%), Saturated Fat: 6.77g (42.29%), Carbohydrates: 33.74g (11.25%), Net Carbohydrates: 28.81g (10.47%), Sugar: 8.93g (9.92%), Cholesterol: 99.86mg (33.29%), Sodium: 1557.59mg (67.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.28g (60.56%), Vitamin A: 11198.3IU (223.97%), Vitamin B3: 12.46mg (62.3%), Vitamin B6: 0.88mg (44.22%), Selenium: 27.51µg (39.31%), Phosphorus: 351.29mg (35.13%), Potassium: 1112.8mg (31.79%), Manganese: 0.58mg (28.91%), Vitamin K: 30.1µg (28.66%), Vitamin C: 22.4mg (27.15%), Vitamin B5: 2.15mg (21.47%), Vitamin B2: 0.36mg (21.44%), Iron: 3.57mg (19.84%), Fiber: 4.93g (19.72%), Folate: 76.81µg (19.2%), Vitamin B1: 0.29mg (19.12%), Magnesium: 75.81mg (18.95%), Vitamin B12: 1.08µg (17.98%), Copper: 0.34mg (16.91%), Zinc: 2.48mg (16.56%), Calcium: 121.09mg (12.11%), Vitamin E: 1.29mg (8.6%), Vitamin D: 0.26µg (1.74%)