

Chicken Newburg

READY IN



25 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 1 cup chicken broth
- ☐ 2 cups chicken meat diced cooked
- ☐ 0.3 teaspoon tarragon dried
- ☐ 1 egg yolk beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 pinch ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup milk

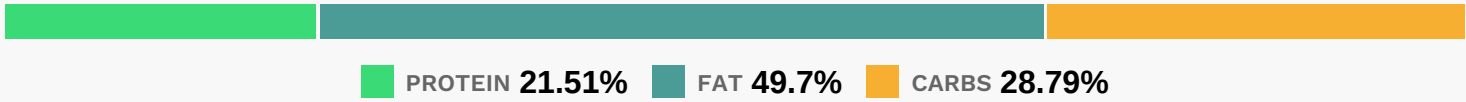
- ☐ 1 onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 cup cooking sherry
- ☐ 3 tablespoons vegetable oil
- ☐ 6 slices bread white toasted

Equipment

Directions

- ☐ Saute onion in oil for about 3 minutes. Stir in the flour, salt, ground pepper, tarragon, chicken broth and milk and cook until the mixture thickens, stirring constantly.
- ☐ Add the chicken pieces to the mixture. Blend in the egg yolk, then the lemon juice, sherry and bell pepper. Cook until chicken is heated through, about 5 minutes. Stir in the avocado and serve on toast! Voila!

Nutrition Facts



Properties

Glycemic Index:100.94, Glycemic Load:18.21, Inflammation Score:-8, Nutrition Score:22.763478165087%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 477.8kcal (23.89%), Fat: 26.06g (40.09%), Saturated Fat: 5.25g (32.8%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 28.46g (10.35%), Sugar: 6.75g (7.5%), Cholesterol: 105.93mg (35.31%), Sodium: 1051.25mg (45.71%), Alcohol: 1.54g (100%), Alcohol %: 0.57% (100%), Protein: 25.37g (50.75%), Vitamin C: 46.65mg (56.55%), Vitamin B3: 9.02mg (45.12%), Selenium: 31.56µg (45.08%), Vitamin B6: 0.62mg (30.97%), Folate: 122.85µg (30.71%), Vitamin K: 31.19µg (29.71%), Phosphorus: 278.83mg (27.88%), Vitamin B1: 0.38mg (25.29%), Vitamin B2: 0.42mg (24.93%), Manganese: 0.48mg (23.79%), Vitamin A: 1155.55IU (23.11%), Fiber: 5.5g (22%), Vitamin B5: 2mg (19.98%), Potassium: 636.8mg (18.19%), Vitamin E: 2.6mg (17.31%), Iron: 3.09mg (17.15%), Calcium: 151.95mg (15.19%), Zinc: 2.17mg (14.48%), Magnesium: 53.64mg (13.41%), Copper: 0.22mg (11.06%), Vitamin B12: 0.47µg (7.79%), Vitamin D: 0.58µg (3.86%)