



Chicken Stew with Biscuits

READY IN



75 min.

SERVINGS



8

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon double-acting baking powder
- 0.3 pound butter unsalted diced cold (1 stick)
- 2 cups medium-diced carrots for 2 minutes (4 carrots)
- 2 chicken bouillon cubes
- 6 chicken breasts whole split bone in , skin on
- 5 cups chicken stock see homemade
- 1 eggs mixed with 1 tablespoon water, for egg wash
- 0.8 cup flour
- 2 cups flour

- 0.5 cup parsley fresh chopped
- 0.5 cup parsley fresh minced
- 0.8 cup half-and-half
- 0.3 cup heavy cream
- 1 teaspoon kosher salt
- 8 servings kosher salt and pepper black freshly ground
- 3 tablespoons olive oil
- 1.5 cups onions whole frozen
- 2 cups peas frozen
- 1 teaspoon sugar
- 12 tablespoons butter unsalted ()
- 2 cups onions yellow chopped (2 onions)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- hand mixer
- wax paper
- rolling pin
- dutch oven

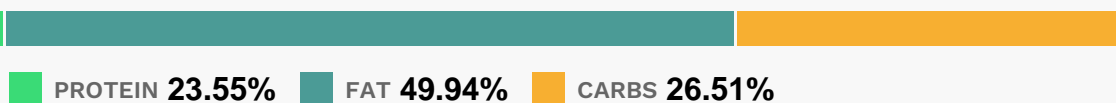
Directions

- Preheat the oven to 375 degrees F.
- Place the chicken breasts on a sheet pan and rub them with olive oil.
- Sprinkle generously with salt and pepper. Roast for 35 to 40 minutes, or until cooked through. Set aside until cool enough to handle, then remove the meat from the bones and discard the

skin.

- Cut the chicken into large dice. You will have 4 to 6 cups of cubed chicken.
- In a small saucepan, heat the chicken stock and dissolve the bouillon cubes in the stock. In a large pot or Dutch oven, melt the butter and saute the onions over medium-low heat for 10 to 15 minutes, until translucent.
- Add the flour and cook over low heat, stirring constantly, for 2 minutes.
- Add the hot chicken stock to the sauce. Simmer over low heat for 1 more minute, stirring, until thick.
- Add 2 teaspoons salt, 1/2 teaspoon pepper, and the heavy cream.
- Add the cubed chicken, carrots, peas, onions, and parsley.
- Mix well.
- Place the stew in a 10 x 13 x 2-inch oval or rectangular baking dish.
- Place the baking dish on a sheet pan lined with parchment or wax paper.
- Bake for 15 minutes.
- Meanwhile, make the biscuits.
- Combine the flour, baking powder, salt, and sugar in the bowl of an electric mixer fitted with the paddle attachment.
- Add the butter and mix on low speed until the butter is the size of peas.
- Add the half-and-half and combine on low speed.
- Mix in the parsley. Dump the dough out on a well-floured board and, with a rolling pin, roll out to 3/8-inch thick.
- Cut out twelve circles with a 2 1/2-inch round cutter.
- Remove the stew from the oven and arrange the biscuits on top of the filling.
- Brush them with egg wash, and return the dish to the oven.
- Bake for another 20 to 30 minutes, until the biscuits are brown and the stew is bubbly.

Nutrition Facts



Properties

Glycemic Index:69.16, Glycemic Load:28.39, Inflammation Score:-10, Nutrition Score:41.548695605734%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg, Quercetin: 14.3mg

Nutrients (% of daily need)

Calories: 843.95kcal (42.2%), Fat: 46.7g (71.85%), Saturated Fat: 23.89g (149.32%), Carbohydrates: 55.79g (18.6%), Net Carbohydrates: 50.2g (18.25%), Sugar: 10.96g (12.18%), Cholesterol: 225.54mg (75.18%), Sodium: 1158.96mg (50.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.55g (99.1%), Vitamin A: 7410.71IU (148.21%), Vitamin K: 143.6µg (136.76%), Vitamin B3: 23.91mg (119.56%), Selenium: 76.43µg (109.18%), Vitamin B6: 1.6mg (80.09%), Phosphorus: 597.74mg (59.77%), Vitamin B1: 0.67mg (44.52%), Vitamin C: 34.14mg (41.38%), Vitamin B2: 0.7mg (41.27%), Folate: 152.21µg (38.05%), Potassium: 1223.11mg (34.95%), Manganese: 0.63mg (31.68%), Vitamin B5: 3.06mg (30.6%), Iron: 4.52mg (25.09%), Magnesium: 91.37mg (22.84%), Fiber: 5.59g (22.35%), Calcium: 196.89mg (19.69%), Vitamin E: 2.48mg (16.55%), Zinc: 2.43mg (16.21%), Copper: 0.32mg (15.98%), Vitamin B12: 0.51µg (8.43%), Vitamin D: 0.93µg (6.17%)