



Chicken Waterzooi

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 tablespoon butter
- 4 carrots
- 3 celery stalks
- 1 cup cup heavy whipping cream
- 4 egg yolks
- 1 sprig thyme leaves fresh
- 1 juice of lemon juiced

- 2 leeks
- 14 ounces mushrooms
- 1 pinch nutmeg
- 4 servings parsley
- 4 servings salt and pepper black freshly ground
- 4 small onions
- 1 large meat from a rotisserie chicken whole

Equipment

- sauce pan
- pot
- sieve

Directions

- Place the chicken in a pot of water, covering the chicken entirely.
- Add 2 carrots, 2 celery stalks, and 1 onion, cut into approximately 1-inch pieces.
- Add parsley, thyme and a bay leaf and poach until chicken is cooked.
- Add salt and pepper, to taste.
- Cut the remaining carrots, celery, onions into 1-inch sticks and place them in a saucepan with water to cover.
- Cut the leeks into 1-inch sticks, slice the mushrooms and add to saucepan. Parboil vegetables in salted water. Take out the chicken when poached (no red color must be seen under the skin) and discard vegetables from stock. Strain the chicken stock through a fine sieve. Take the skin off of the chicken and cut chicken into 8 pieces.
- Put the chicken and the parboiled vegetables into the stock.
- Mix the egg yolks with the cream and add to the stock.
- Add the lemon juice and butter. Season with salt, pepper and nutmeg.
- Serve in soup plates with boiled potatoes or white steamed rice.

Nutrition Facts



■ PROTEIN 21.88% ■ FAT 66.94% ■ CARBS 11.18%

Properties

Glycemic Index:100.46, Glycemic Load:5.57, Inflammation Score:-10, Nutrition Score:38.421304329582%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg, Apigenin: 8.71mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 817.28kcal (40.86%), Fat: 61.4g (94.47%), Saturated Fat: 27.38g (171.12%), Carbohydrates: 23.06g (7.69%), Net Carbohydrates: 18.44g (6.71%), Sugar: 10.74g (11.93%), Cholesterol: 419.52mg (139.84%), Sodium: 266.78mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.17g (90.33%), Vitamin A: 12874.34IU (257.49%), Vitamin K: 101.19µg (96.37%), Vitamin B3: 17.49mg (87.43%), Selenium: 49.43µg (70.61%), Vitamin B6: 1.14mg (56.96%), Vitamin B2: 0.9mg (52.87%), Phosphorus: 528.22mg (52.82%), Vitamin B5: 4.25mg (42.53%), Potassium: 1153.63mg (32.96%), Vitamin C: 25.16mg (30.5%), Folate: 114.76µg (28.69%), Copper: 0.54mg (27.19%), Zinc: 3.94mg (26.24%), Manganese: 0.5mg (25.22%), Iron: 4.51mg (25.06%), Vitamin B1: 0.33mg (21.83%), Magnesium: 81.09mg (20.27%), Fiber: 4.62g (18.49%), Vitamin B12: 1.09µg (18.14%), Vitamin E: 2.63mg (17.52%), Vitamin D: 2.5µg (16.69%), Calcium: 153.02mg (15.3%)