



Chicken with Creamy Herb Gravy

READY IN



47 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 teaspoons canola oil divided
- ☐ 0.8 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 5.2 ounce multigrain waffles low-fat toasted

- ☐ 2 garlic cloves minced
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 0.5 cup onion chopped
- ☐ 1 cup peas green frozen
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces

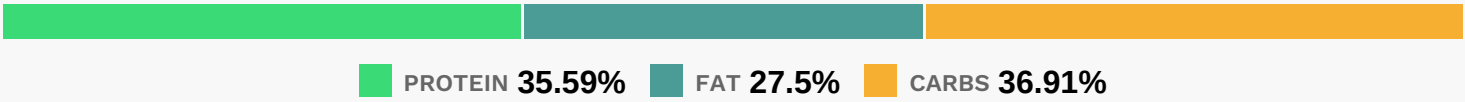
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Heat 1 teaspoon oil in a Dutch oven over medium-high heat.
- ☐ Add celery, carrot, and onion, and saut 8 minutes or until tender.
- ☐ Add garlic; saut 2 minutes.
- ☐ Remove from pan, and set aside.
- ☐ Combine 3 tablespoons flour, pepper, poultry seasoning, and salt in a zip-top plastic bag.
- ☐ Add chicken; seal bag, and toss to coat.
- ☐ Heat remaining 2 teaspoons oil in pan; add chicken, and cook 7 minutes, browning on all sides.
- ☐ Add broth to pan, scraping pan to loosen browned bits. Stir in reserved vegetables and peas, and cook 3 minutes or until mixture is thoroughly heated.
- ☐ Combine milk and 1 tablespoon flour, stirring with a whisk.
- ☐ Add to chicken mixture. Bring to a boil over medium-high heat; reduce heat, and simmer 8 minutes or until slightly thick, stirring constantly. Stir in parsley.
- ☐ Serve over waffles.

Nutrition Facts



Properties

Glycemic Index:98.54, Glycemic Load:7, Inflammation Score:-10, Nutrition Score:31.438695845397%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 351.73kcal (17.59%), Fat: 10.68g (16.43%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 27.97g (10.17%), Sugar: 6.26g (6.96%), Cholesterol: 83.34mg (27.78%), Sodium: 942.55mg (40.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.2%), Vitamin A: 5305.78IU (106.12%), Vitamin B3: 16.23mg (81.16%), Vitamin K: 84.15µg (80.15%), Vitamin B6: 1.26mg (62.77%), Selenium: 42.48µg (60.69%), Phosphorus: 449.26mg (44.93%), Vitamin C: 24.86mg (30.13%), Vitamin B1: 0.44mg (29.63%), Vitamin B2: 0.47mg (27.91%), Folate: 98.03µg (24.51%), Iron: 4.4mg (24.44%), Potassium: 785.25mg (22.44%), Vitamin B5: 2.02mg (20.22%), Manganese: 0.39mg (19.49%), Vitamin B12: 1.17µg (19.45%), Fiber: 4.27g (17.09%), Magnesium: 62.18mg (15.55%), Calcium: 154.7mg (15.47%), Zinc: 1.62mg (10.8%), Copper: 0.17mg (8.29%), Vitamin E: 1.05mg (6.97%)