



Chicken with Garlic Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



863 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 tablespoons butter melted
- ☐ 3 pounds skinned chicken pieces
- ☐ 4 servings extra wide egg noodles hot cooked
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic cloves crushed
- ☐ 0.3 teaspoon paprika

- ☐ 1.3 teaspoons salt divided
- ☐ 4 cups water
- ☐ 1 tablespoon vinegar white

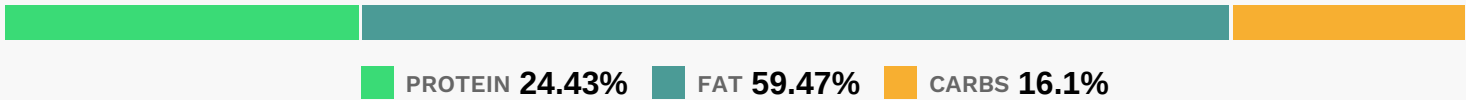
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring chicken, 4 cups water, and 1 teaspoon salt to a boil in a Dutch oven. Reduce heat, and simmer 30 minutes or until done.
- ☐ Drain, reserving 3 cups broth. Cover chicken, and keep warm.
- ☐ Combine crushed garlic and remaining 1/4 teaspoon salt, forming a paste; stir in vinegar.
- ☐ Melt 1/4 cup butter in a large skillet.
- ☐ Whisk in flour; cook over medium heat, whisking constantly, 1 minute. Gradually whisk in reserved broth and garlic mixture; cook 5 minutes or until smooth and slightly thickened. Gradually whisk 1/2 cup hot broth mixture into eggs; add to remaining hot mixture, whisking constantly. Cook 3 minutes or until mixture reaches 16
- ☐ Spoon sauce over chicken.
- ☐ Stir together 2 tablespoons butter and paprika; drizzle over sauce.
- ☐ Serve with rice or egg noodles.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:18.95, Inflammation Score:-8, Nutrition Score:24.787826019785%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 862.93kcal (43.15%), Fat: 56.21g (86.47%), Saturated Fat: 14.68g (91.72%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 32.73g (11.9%), Sugar: 0.5g (0.56%), Cholesterol: 291.15mg (97.05%), Sodium: 1140.75mg (49.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.95g (103.91%), Selenium: 66.84µg (95.49%), Vitamin B3: 17.04mg (85.21%), Phosphorus: 478.75mg (47.88%), Vitamin B6: 0.92mg (46.07%), Vitamin B2: 0.5mg (29.24%), Vitamin B5: 2.81mg (28.1%), Zinc: 4.06mg (27.09%), Vitamin A: 1296.29IU (25.93%), Manganese: 0.46mg (22.82%), Iron: 3.81mg (21.19%), Vitamin B1: 0.3mg (20.17%), Magnesium: 74.21mg (18.55%), Vitamin B12: 1.04µg (17.29%), Potassium: 538.73mg (15.39%), Folate: 60.49µg (15.12%), Copper: 0.28mg (13.94%), Vitamin E: 1.8mg (12.03%), Vitamin D: 1.05µg (6.98%), Calcium: 69.14mg (6.91%), Fiber: 1.52g (6.07%), Vitamin C: 4.21mg (5.11%), Vitamin K: 3.72µg (3.54%)