



Colonel Jackson's Smothered Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cider vinegar
- ☐ 0.8 cup flour all-purpose
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 onion red cut into strips
- ☐ 1 tablespoon pepper flakes red crushed
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup vegetable oil divided
- ☐ 2 cups water

☐ 2 pound meat from a rotisserie chicken whole cut into 8 pieces

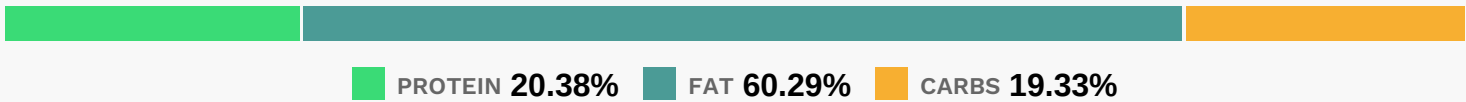
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat 1 tablespoon oil in a large skillet and saute onion until tender.
- ☐ Remove and set aside.
- ☐ Place flour, salt and pepper in a large, clean grocery bag.
- ☐ Add chicken, close bag tightly and shake to coat.
- ☐ Let sit 5 minutes.
- ☐ Remove chicken from bag, reserving leftover flour in bag.
- ☐ Heat remaining oil in skillet and brown chicken on all sides in hot oil.
- ☐ Remove chicken from skillet and place in a deep roasting pan.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat reserved flour in skillet over medium high heat, stirring constantly, to make a dark roux. Slowly stir in pepper flakes, water and vinegar. Finally stir in reserved sauteed onion.
- ☐ Mix well and pour mixture over chicken.
- ☐ Cover dish and bake in preheated oven for about 35 to 45 minutes, or until chicken is tender and cooked through (no longer pink inside). Note: If gravy is too thick, add water to pan, a little at a time, until desired consistency is reached.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:13.74, Inflammation Score:-7, Nutrition Score:14.594782590866%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 469.16kcal (23.46%), Fat: 30.56g (47.02%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 20.23g (7.36%), Sugar: 1.61g (1.79%), Cholesterol: 81.65mg (27.22%), Sodium: 192.16mg (8.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.5%), Vitamin B3: 9.05mg (45.26%), Selenium: 24.23µg (34.61%), Vitamin K: 29.09µg (27.7%), Vitamin B6: 0.47mg (23.32%), Phosphorus: 204.19mg (20.42%), Manganese: 0.41mg (20.35%), Vitamin B1: 0.27mg (17.8%), Vitamin B2: 0.27mg (16.04%), Vitamin A: 746.3IU (14.93%), Vitamin E: 2.22mg (14.83%), Iron: 2.6mg (14.44%), Folate: 55.22µg (13.8%), Zinc: 1.76mg (11.73%), Vitamin B5: 1.15mg (11.46%), Potassium: 354.44mg (10.13%), Magnesium: 36.94mg (9.23%), Fiber: 1.81g (7.25%), Copper: 0.14mg (7.07%), Vitamin B12: 0.34µg (5.62%), Vitamin C: 3.79mg (4.59%), Calcium: 36.47mg (3.65%), Vitamin D: 0.22µg (1.45%)