

Creamy Nutmeg Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 6 chicken pieces skinless
- 20 ounces cream of mushroom soup undiluted canned
- 0.3 teaspoon rosemary dried crushed
- 0.3 teaspoon thyme dried
- 0.3 cup parsley fresh minced
- 1 tablespoon nutmeg
- 6 servings nutmeg

- 0.5 cup milk
- 0.3 cup onion chopped
- 0.3 teaspoon rubbed sage
- 0.5 cup cream sour

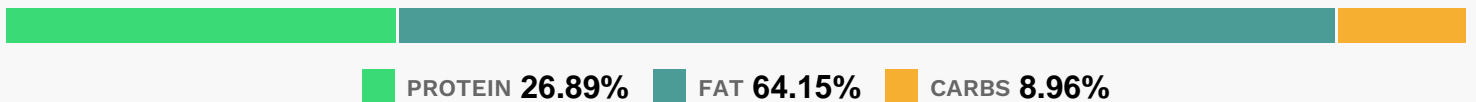
Equipment

- frying pan

Directions

- In a large skillet, brown chicken in butter.
- Remove chicken and set aside.
- In the same skillet, saute onion and parsley until onion is tender.
- Add the soup, sour cream, milk, nutmeg, sage, thyme and rosemary; mix well. Return chicken to the skillet and spoon sauce over pieces.
- Simmer, uncovered, for 25–30 minutes or until chicken is no longer pink, basting occasionally.
- Sprinkle with additional nutmeg.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:1.16, Inflammation Score:-6, Nutrition Score:14.821304259093%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 410.13kcal (20.51%), Fat: 29.01g (44.63%), Saturated Fat: 11.66g (72.86%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.06g (2.93%), Sugar: 2.84g (3.16%), Cholesterol: 115.21mg (38.4%), Sodium: 796.79mg

(34.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.36g (54.72%), Vitamin B3: 8.84mg (44.19%), Vitamin K: 44.22µg (42.12%), Selenium: 17.88µg (25.54%), Phosphorus: 243.78mg (24.38%), Vitamin B6: 0.48mg (23.93%), Manganese: 0.42mg (20.82%), Zinc: 2.81mg (18.76%), Vitamin B2: 0.26mg (15.5%), Copper: 0.29mg (14.37%), Vitamin B5: 1.4mg (13.95%), Vitamin A: 646.73IU (12.93%), Potassium: 428.22mg (12.23%), Iron: 2.04mg (11.31%), Vitamin B12: 0.67µg (11.13%), Magnesium: 42.02mg (10.5%), Vitamin B1: 0.12mg (8.01%), Calcium: 73.7mg (7.37%), Vitamin C: 5.96mg (7.22%), Folate: 22.45µg (5.61%), Fiber: 1.06g (4.25%), Vitamin E: 0.56mg (3.74%), Vitamin D: 0.45µg (3.03%)