



Cumin Chicken With Apples

READY IN



80 min.

SERVINGS



4

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium apples chopped
- 2 tablespoons butter
- 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs with thighs
- 0.3 teaspoon chili powder
- 10 ounces cream of mushroom soup undiluted canned
- 4 servings rice hot cooked
- 1 tablespoon flour all-purpose
- 1 tablespoon ground cumin
- 4.5 ounces mushrooms drained canned

- 2 small onion halved sliced
- 0.3 teaspoon pepper
- 0.8 teaspoon salt
- 0.5 cup water
- 1 teaspoon worcestershire sauce

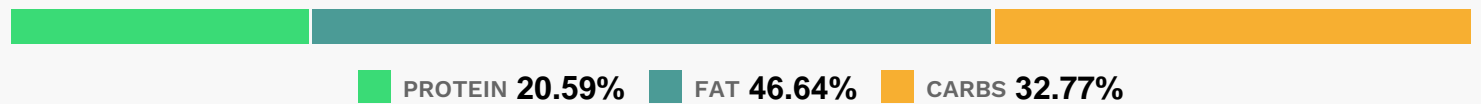
Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer

Directions

- In a large skillet, brown chicken in butter.
- Transfer to a greased 13-in. x 9-in. baking dish. In the drippings, saute apples, onions and mushrooms until apples are crisp-tender. Stir in the flour, soup, water, cumin, Worcestershire sauce, salt and pepper.
- Pour over chicken.
- Cover and bake at 350° for 1 hour or until a meat thermometer reads 180°
- Sprinkle with chili powder.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:29.26, Inflammation Score:-6, Nutrition Score:18.328695618588%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg

Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate:
0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg,
Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg
Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.35mg,
Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg

Nutrients (% of daily need)

Calories: 554.41kcal (27.72%), Fat: 28.82g (44.34%), Saturated Fat: 10.22g (63.88%), Carbohydrates: 45.55g
(15.18%), Net Carbohydrates: 41.72g (15.17%), Sugar: 11.82g (13.14%), Cholesterol: 138.4mg (46.13%), Sodium:
1122.05mg (48.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.63g (57.26%), Selenium: 33.08µg
(47.25%), Vitamin B3: 8.53mg (42.67%), Manganese: 0.78mg (39%), Vitamin B6: 0.63mg (31.72%), Phosphorus:
314.45mg (31.44%), Vitamin B2: 0.42mg (24.45%), Vitamin B5: 2.32mg (23.18%), Zinc: 3.43mg (22.85%), Copper:
0.43mg (21.61%), Potassium: 675.04mg (19.29%), Iron: 3.09mg (17.14%), Fiber: 3.84g (15.36%), Vitamin B12: 0.86µg
(14.32%), Magnesium: 56.78mg (14.2%), Vitamin B1: 0.21mg (13.83%), Vitamin C: 8.01mg (9.71%), Vitamin A: 401.27IU
(8.03%), Folate: 31.25µg (7.81%), Vitamin K: 6.03µg (5.75%), Calcium: 56.45mg (5.65%), Vitamin E: 0.75mg (5.02%),
Vitamin D: 0.19µg (1.28%)