



Grandma Tita's Chicken Fricassee

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup capers drained and rinsed
- ☐ 0.3 cup flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup heavy cream
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 teaspoon oregano dried

- ☐ 4 servings scallions chopped for garnish
- ☐ 4 skin-on bone-in trimmed
- ☐ 11.5 ounce asparagus in water white
- ☐ 1 large onion white coarsely chopped
- ☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve

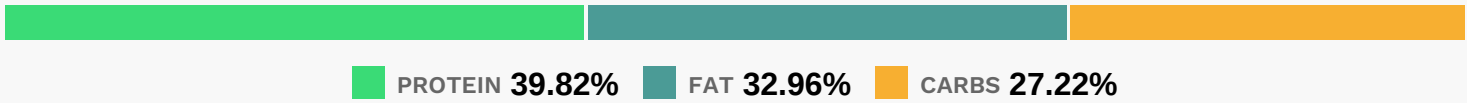
Directions

- ☐ Season the chicken all over with salt and pepper.
- ☐ Place the chicken breasts in a large pot with the broth, onion, garlic, Worcestershire sauce, lemon zest, cumin, and oregano. Cover, bring to a boil, then reduce the heat to medium-low and simmer, until the chicken is cooked through, about 15 to 20 minutes.
- ☐ Transfer the chicken to a plate, then strain the broth through a fine-mesh sieve into another pot.
- ☐ Remove the chicken from the bones, discarding the skin and pulling the meat off into big, long chunks.
- ☐ Put the pot of broth over medium heat.
- ☐ Add the flour, whisking to avoid getting lumps. Bring the sauce to a simmer stirring constantly so it doesn't stick or burn, until it has thickened slightly, about 10 minutes.
- ☐ Remove the asparagus from the jar, reserving the liquid, and cut the stalks into thirds.
- ☐ Whisk the asparagus water into the thickened broth.
- ☐ Add the cream and capers, stirring to combine.
- ☐ Add the chicken and asparagus to the sauce and stir to coat. Cook a couple of minutes to heat through and bring the flavors together.

☐

Transfer the chicken fricassee to a decorative platter or bowl and garnish with chopped scallions.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:7.39, Inflammation Score:-9, Nutrition Score:23.686521633812%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.52mg, Isorhamnetin: 6.52mg, Isorhamnetin: 6.52mg, Isorhamnetin: 6.52mg Kaempferol: 20.62mg, Kaempferol: 20.62mg, Kaempferol: 20.62mg, Kaempferol: 20.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 44.86mg, Quercetin: 44.86mg, Quercetin: 44.86mg, Quercetin: 44.86mg

Nutrients (% of daily need)

Calories: 294.89kcal (14.74%), Fat: 10.97g (16.87%), Saturated Fat: 5.43g (33.93%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 16.71g (6.08%), Sugar: 4.94g (5.49%), Cholesterol: 94.73mg (31.58%), Sodium: 674.27mg (29.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Vitamin B3: 14.32mg (71.59%), Selenium: 43.08µg (61.55%), Vitamin K: 54.39µg (51.8%), Vitamin B6: 1.04mg (51.79%), Phosphorus: 347.83mg (34.78%), Potassium: 838.01mg (23.94%), Iron: 4.23mg (23.51%), Vitamin B2: 0.39mg (22.87%), Vitamin B1: 0.31mg (20.94%), Vitamin A: 1044.96IU (20.9%), Folate: 83.16µg (20.79%), Vitamin B5: 2.01mg (20.1%), Manganese: 0.39mg (19.54%), Copper: 0.34mg (17.06%), Vitamin C: 13.31mg (16.13%), Magnesium: 60.1mg (15.03%), Fiber: 3.66g (14.64%), Vitamin E: 1.61mg (10.75%), Zinc: 1.5mg (10%), Calcium: 89.28mg (8.93%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.43µg (2.87%)