



Granny's Smothered Chicken

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound meat from a rotisserie chicken cut into pieces
- ☐ 1.5 cups flour all-purpose
- ☐ 8 potatoes red quartered
- ☐ 8 servings salt and pepper to taste
- ☐ 1 quart vegetable oil for frying

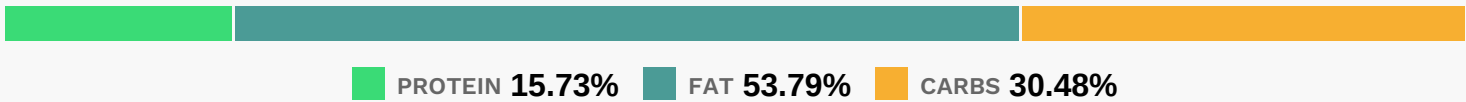
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet, heat oil for frying. Season the chicken pieces with salt and pepper to taste. Flour the chicken lightly twice. Drop coated chicken into hot oil slowly to prevent splatters. Fry until golden brown, about 12 to 15 minutes.
- ☐ Meanwhile, boil the potatoes in a large pot of boiling water. When potatoes are soft, remove from heat. Save the 'potato water'.
- ☐ When chicken is done, drain the oil out of the skillet and place the potatoes in the skillet with the chicken. Slowly pour the 'potato water' over the skillet mixture.
- ☐ Add whole cloves, cover and simmer. As the mixture sets it prepares its own gravy in the skillet, so the longer it simmers, the better! When the consistency is to your taste, remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:12.94, Inflammation Score:-6, Nutrition Score:21.586521615153%

Flavonoids

Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 677.61kcal (33.88%), Fat: 40.58g (62.43%), Saturated Fat: 8.41g (52.57%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 47.5g (17.27%), Sugar: 2.81g (3.12%), Cholesterol: 81.65mg (27.22%), Sodium: 308.8mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.7g (53.39%), Vitamin B3: 11.23mg (56.17%), Vitamin K: 51.39µg (48.94%), Vitamin B6: 0.75mg (37.67%), Selenium: 24.69µg (35.27%), Potassium: 1200.02mg (34.29%), Phosphorus: 315.27mg (31.53%), Vitamin B1: 0.42mg (28.12%), Vitamin C: 20.06mg (24.31%), Manganese: 0.48mg (24.07%), Folate: 87.76µg (21.94%), Iron: 3.63mg (20.16%), Copper: 0.37mg (18.58%), Magnesium: 73.79mg (18.45%), Vitamin B2: 0.31mg (18.38%), Fiber: 4.25g (17.02%), Vitamin B5: 1.69mg (16.88%), Vitamin E: 2.3mg (15.31%), Zinc: 2.29mg (15.29%), Vitamin B12: 0.34µg (5.62%), Calcium: 36.91mg (3.69%), Vitamin A: 167.32IU (3.35%), Vitamin D: 0.22µg (1.45%)