



WHATSheATE



Home-Style Chicken and Corn



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 lb .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- ☐ 1 large onion sliced
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup water
- ☐ 8 half and half frozen (from 12-count package)
- ☐ 20 oz baby potatoes refrigerated cooked

☐ 1 serving parsley fresh chopped

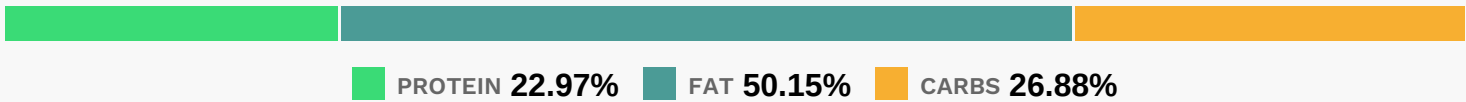
Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ In 4-quart nonstick Dutch oven, melt butter over high heat. Cook chicken, onion, 1/2 teaspoon of the seasoned salt and the pepper in butter 10 to 15 minutes, turning chicken occasionally, until chicken is light golden brown. Stir onions to side of Dutch oven if they start to burn.
- ☐ Reduce heat to medium-high.
- ☐ Add water, corn and potatoes to Dutch oven; sprinkle remaining 1/2 teaspoon seasoned salt evenly over top. Cover; cook 15 to 20 minutes or until juice of chicken is clear when thickest part is cut to bone (180°F).
- ☐ Remove chicken and corn to serving platter, using tongs. Gently stir potatoes with onions and pan juices; spoon onto serving platter.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:43.69, Glycemic Load:18.93, Inflammation Score:-6, Nutrition Score:17.502173698467%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 429.25kcal (21.46%), Fat: 23.84g (36.68%), Saturated Fat: 6.42g (40.16%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 24.93g (9.06%), Sugar: 2.79g (3.1%), Cholesterol: 120.92mg (40.31%), Sodium: 735.76mg (31.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.15%), Vitamin B6: 0.88mg (43.84%), Vitamin C: 32.31mg (39.17%), Vitamin B3: 7.67mg (38.37%), Selenium: 23.95µg (34.22%), Phosphorus: 295.53mg (29.55%), Potassium: 925.36mg (26.44%), Vitamin K: 22.45µg (21.38%), Vitamin B5: 1.77mg (17.65%), Zinc: 2.4mg (15.99%), Magnesium: 62.14mg (15.54%), Fiber: 3.82g (15.28%), Manganese: 0.31mg (15.25%), Vitamin B1: 0.23mg (15.13%), Vitamin B2: 0.24mg (14.36%), Copper: 0.24mg (12.22%), Vitamin B12: 0.73µg (12.19%), Iron: 2.16mg (11.98%), Folate: 36.61µg (9.15%), Vitamin A: 339.72IU (6.79%), Calcium: 43.34mg (4.33%), Vitamin E: 0.43mg (2.86%)