



Homemade Chicken A La King

READY IN



30 min.

SERVINGS



8

CALORIES



191 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 4.5 ounce mushrooms drained canned
- 8 ounce peas drained canned
- 0.5 cup celery chopped
- 2 cups rotisserie chicken breast meat diced cooked
- 2 egg yolks beaten
- 3 tablespoons flour all-purpose
- 1 bell pepper green finely chopped
- 1 tablespoon juice of lemon

- 2 cups milk divided
- 1 small onion chopped
- 1 teaspoon paprika
- 4 ounce pimento peppers diced drained
- 8 servings salt and pepper to taste
- 1 tablespoon cooking sherry

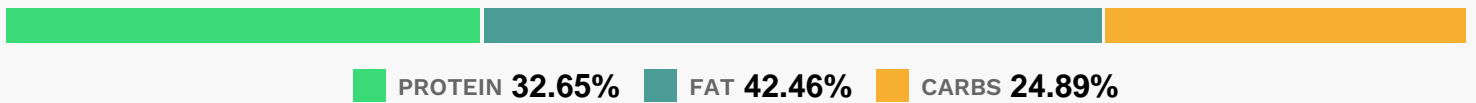
Equipment

- bowl
- frying pan

Directions

- Melt butter in a large skillet over medium heat.
- Saute bell pepper, celery and mushrooms until soft, about 5 minutes. Stir in onion; mix flour and 1/2 cup of milk in a small bowl and stir mixture into skillet. Beat egg yolks into remaining 1 1/2 cups milk and pour into skillet. Cook, stirring, until thickened.
- Add chicken and cook for 3 to 5 minutes, stirring constantly. Stir in lemon juice, sherry, paprika, salt and pepper. Finally, stir in peas and pimento peppers.
- Heat through and serve.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:12.566087059353%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 191.13kcal (9.56%), Fat: 9g (13.84%), Saturated Fat: 4.68g (29.25%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 9.55g (3.47%), Sugar: 5.62g (6.25%), Cholesterol: 96.96mg (32.32%), Sodium: 407.6mg (17.72%), Alcohol: 0.19g (100%), Alcohol %: 0.12% (100%), Protein: 15.56g (31.12%), Vitamin C: 30.48mg (36.95%), Vitamin B3: 5.81mg (29.03%), Vitamin A: 1318.86IU (26.38%), Selenium: 15.48µg (22.12%), Phosphorus: 202.92mg (20.29%), Vitamin B6: 0.39mg (19.27%), Vitamin B2: 0.2mg (11.63%), Vitamin K: 11.2µg (10.67%), Calcium: 103.18mg (10.32%), Potassium: 332.47mg (9.5%), Vitamin B1: 0.14mg (9.5%), Fiber: 2.32g (9.26%), Vitamin B5: 0.93mg (9.25%), Vitamin B12: 0.55µg (9.08%), Iron: 1.54mg (8.58%), Manganese: 0.16mg (7.97%), Magnesium: 31mg (7.75%), Zinc: 1.14mg (7.58%), Folate: 28.92µg (7.23%), Vitamin D: 0.98µg (6.54%), Copper: 0.12mg (5.85%), Vitamin E: 0.64mg (4.27%)