



Lip Smackin' Smothered Chicken

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 3 pounds chicken whole
- ☐ 1.5 teaspoons salt
- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 medium onion yellow thinly sliced
- ☐ 3 spring onion cut into 1-inch pieces
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup soya sauce

- ☐ 7 cups water hot
- ☐ 2 teaspoons onion powder

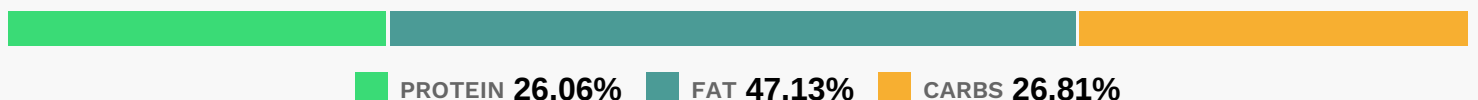
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat oil in deep 12-inch skillet over low heat 5 minutes.
- ☐ Sprinkle chicken with salt and 1/2 teaspoon of the black pepper; place in hot skillet. Cover chicken with yellow and green onions.
- ☐ Cook chicken over medium heat 10 minutes; turn chicken. Cook 10 minutes longer or until golden. Reduce heat to low; cook 5 minutes longer. Turn; cook 5 minutes.
- ☐ Remove chicken from skillet.
- ☐ Place in large pot (Dutch oven); set aside.
- ☐ Continue heating skillet over low heat. Stir together flour, 1/3 cup of the soy sauce and 4 cups of the hot water in medium bowl with wire whisk or fork until smooth.
- ☐ Cook flour mixture in hot skillet over medium heat, stirring constantly with wire whisk or fork, until mixture boils and thickens. Stir in remaining water, 1 cup at a time, stirring after each addition, until smooth.
- ☐ Stir in remaining 1/3 cup soy sauce, the onion powder and remaining 1/4 teaspoon black pepper.
- ☐ Pour gravy over chicken in large pot. Reduce heat to low. Cover and simmer 1 hour, stirring occasionally. (Gravy may stick to pot.)

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:17.75, Inflammation Score:-5, Nutrition Score:14.972173763358%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 411.83kcal (20.59%), Fat: 21.3g (32.76%), Saturated Fat: 5.45g (34.03%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 25.74g (9.36%), Sugar: 1.1g (1.22%), Cholesterol: 81.65mg (27.22%), Sodium: 2113.81mg (91.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.49g (52.98%), Vitamin B3: 10.31mg (51.57%), Selenium: 26.67µg (38.1%), Phosphorus: 234.71mg (23.47%), Vitamin B6: 0.47mg (23.32%), Vitamin B1: 0.34mg (22.44%), Vitamin K: 22.96µg (21.86%), Manganese: 0.43mg (21.3%), Vitamin B2: 0.33mg (19.56%), Folate: 74.41µg (18.6%), Iron: 3.21mg (17.82%), Vitamin B5: 1.25mg (12.49%), Zinc: 1.85mg (12.36%), Magnesium: 45.03mg (11.26%), Copper: 0.19mg (9.62%), Potassium: 333.79mg (9.54%), Fiber: 1.53g (6.11%), Vitamin B12: 0.34µg (5.62%), Vitamin E: 0.76mg (5.04%), Vitamin C: 3.7mg (4.49%), Vitamin A: 213.78IU (4.28%), Calcium: 40.55mg (4.06%), Vitamin D: 0.22µg (1.45%)