



Old-Fashioned Chicken Fricassee

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 2 cups carrots (3-inch)
- ☐ 0.5 cup celery chopped
- ☐ 24 ounce chicken breast halves
- ☐ 0.3 cup wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic clove minced

- ☐ 1 cup beef broth fat-free
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt

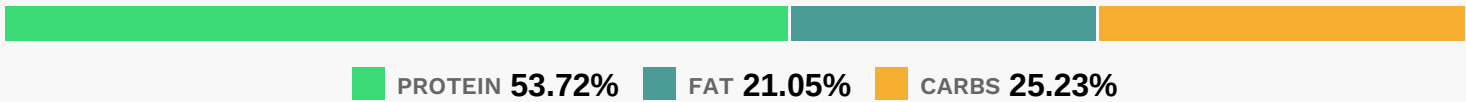
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag.
- ☐ Add chicken; toss well to coat.
- ☐ Remove chicken from bag; reserve flour mixture. Melt butter in a large nonstick skillet over medium heat.
- ☐ Add chicken, breast sides down; saut 5 minutes or until chicken is browned.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add onion, celery, and garlic to pan; saut 5 minutes, stirring occasionally. Stir in reserved flour mixture; cook 1 minute.
- ☐ Add broth and wine; bring to a boil.
- ☐ Add carrot. Return chicken to pan, breast sides up. Cover, reduce heat, and simmer 25 minutes or until chicken is done.
- ☐ Sprinkle with the chopped parsley.

Nutrition Facts



Properties

Glycemic Index:88.71, Glycemic Load:6.78, Inflammation Score:-10, Nutrition Score:30.079130333403%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg, Quercetin: 12.42mg

Nutrients (% of daily need)

Calories: 308.64kcal (15.43%), Fat: 6.87g (10.58%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 14.9g (5.42%), Sugar: 6.03g (6.7%), Cholesterol: 114.24mg (38.08%), Sodium: 674.6mg (29.33%), Alcohol: 1.54g (100%), Alcohol %: 0.49% (100%), Protein: 39.47g (78.94%), Vitamin A: 11440.13IU (228.8%), Vitamin B3: 18.96mg (94.81%), Selenium: 57.2µg (81.71%), Vitamin K: 79.36µg (75.58%), Vitamin B6: 1.5mg (75.15%), Phosphorus: 417.85mg (41.78%), Potassium: 1139.85mg (32.57%), Vitamin B5: 2.78mg (27.82%), Vitamin C: 16.4mg (19.88%), Manganese: 0.38mg (19.09%), Magnesium: 66.96mg (16.74%), Vitamin B2: 0.28mg (16.19%), Vitamin B1: 0.24mg (15.82%), Fiber: 3.63g (14.52%), Folate: 52.17µg (13.04%), Iron: 1.85mg (10.3%), Zinc: 1.43mg (9.5%), Vitamin E: 1.04mg (6.92%), Calcium: 67.93mg (6.79%), Copper: 0.13mg (6.74%), Vitamin B12: 0.34µg (5.74%), Vitamin D: 0.17µg (1.13%)