



Savory Onion Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces beer
- 3 pounds chicken skinless
- 0.3 cup flour all-purpose divided
- 2 tablespoons olive oil
- 1 envelope onion soup mix

Equipment

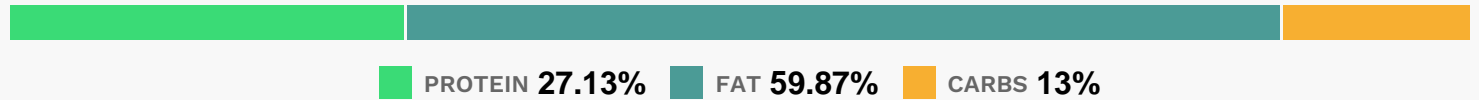
- frying pan
- whisk

ziploc bags

Directions

- Place 2 tablespoons flour in a large resealable plastic bag.
- Add chicken, a few pieces at a time, and shake to coat. In a large skillet, brown chicken in oil on all sides.
- Remove and keep warm.
- Add soup mix and remaining flour, stirring to loosen browned bits from pan. Gradually whisk in beer. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Return chicken to the pan. Bring to a boil. Reduce heat; cover and simmer for 12–15 minutes or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:3.69, Inflammation Score:-4, Nutrition Score:9.3173912297124%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 338.18kcal (16.91%), Fat: 21.14g (32.52%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 9.74g (3.54%), Sugar: 0.32g (0.36%), Cholesterol: 81.65mg (27.22%), Sodium: 614.07mg (26.7%), Alcohol: 2.21g (100%), Alcohol %: 1.54% (100%), Protein: 21.55g (43.09%), Vitamin B3: 8.1mg (40.5%), Selenium: 18.12µg (25.88%), Vitamin B6: 0.45mg (22.41%), Phosphorus: 187.66mg (18.77%), Vitamin B2: 0.19mg (11.11%), Vitamin B5: 1.09mg (10.94%), Zinc: 1.54mg (10.29%), Vitamin B1: 0.13mg (8.51%), Potassium: 274.74mg (7.85%), Magnesium: 30.32mg (7.58%), Iron: 1.34mg (7.46%), Vitamin E: 1.01mg (6.74%), Vitamin B12: 0.35µg (5.81%), Manganese: 0.11mg (5.25%), Folate: 19.46µg (4.87%), Vitamin K: 4.55µg (4.33%), Copper: 0.09mg (4.31%), Vitamin A: 153.41IU (3.07%), Calcium: 24.6mg (2.46%), Vitamin C: 1.97mg (2.39%), Fiber: 0.58g (2.32%), Vitamin D: 0.22µg (1.45%)