



Secret Chicken Fricassee

READY IN



30 min.

SERVINGS



4

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken broth
- 4 chicken breasts cooked
- 1 tablespoon parsley dried
- 4 egg yolks
- 0.3 cup flour all-purpose
- 2 cups heavy whipping cream
- 0.3 cup juice of lemon
- 0.3 cup butter

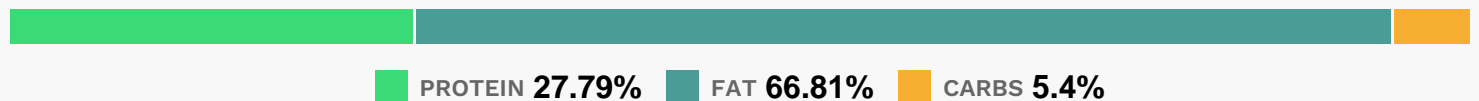
Equipment

- bowl
- sauce pan
- whisk

Directions

- Mix flour and margarine together in a saucepan over medium heat, stirring until the flour and margarine form a paste.
- Whisk cream into flour mixture about 1/2 cup at a time until smoothly combined; whisk in chicken broth and parsley. Bring sauce to a simmer, whisking constantly until thickened.
- Whisk egg yolks and lemon juice together in a bowl.
- Whisk egg yolk mixture slowly into cream mixture, about 1 tablespoon at a time, until the sauce barely comes to a simmer and coats the back of a spoon. Do not boil.
- If thicker sauce is desired, whisk cornstarch and 1/4 cup of sauce in a small bowl; stir cornstarch mixture back into sauce until thickened, about 2 minutes.
- Stir chicken breast pieces into sauce until chicken is heated through.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:4.31, Inflammation Score:-9, Nutrition Score:27.371739014335%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 888.67kcal (44.43%), Fat: 65.68g (101.04%), Saturated Fat: 33.24g (207.72%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 11.55g (4.2%), Sugar: 4.52g (5.03%), Cholesterol: 477.42mg (159.14%), Sodium:

740.33mg (32.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.47g (122.94%), Vitamin B3: 24.45mg (122.25%), Selenium: 64.33µg (91.89%), Vitamin B6: 1.15mg (57.64%), Phosphorus: 551.18mg (55.12%), Vitamin A: 2565.43IU (51.31%), Vitamin B2: 0.64mg (37.78%), Vitamin B5: 2.58mg (25.83%), Vitamin D: 3.05µg (20.32%), Vitamin B12: 1.16µg (19.4%), Potassium: 637.58mg (18.22%), Vitamin B1: 0.27mg (17.86%), Zinc: 2.59mg (17.28%), Vitamin E: 2.58mg (17.22%), Iron: 2.97mg (16.48%), Magnesium: 65.34mg (16.34%), Calcium: 144.3mg (14.43%), Folate: 56.31µg (14.08%), Vitamin K: 11.27µg (10.73%), Manganese: 0.2mg (9.93%), Vitamin C: 7.27mg (8.81%), Copper: 0.15mg (7.32%), Fiber: 0.39g (1.56%)