



Skillet Chicken and Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 2 large carrots peeled cut into 1-inch pieces
- ☐ 4 strips. with skin and bone
- ☐ 0.5 cup wine dry white
- ☐ 4 servings parsley fresh chopped
- ☐ 1 cup chicken broth canned
- ☐ 8 onion boiling peeled
- ☐ 1 tablespoon paprika

- ☐ 0.8 pound potatoes – remove skin halved
- ☐ 2 tablespoons vegetable oil

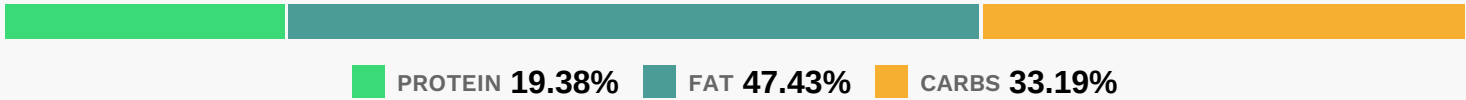
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken on all sides with paprika, salt, and pepper.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add chicken and sauté until brown, about 3 minutes per side.
- ☐ Transfer chicken to plate.
- ☐ Add vegetables and stir 2 minutes.
- ☐ Sprinkle vegetables with flour and stir to coat. Gradually stir in broth and wine; bring to boil, stirring frequently. Return chicken and any juices to skillet; bring to boil. Reduce heat to medium-low. Cover and simmer until chicken is cooked through, about 30 minutes. Season with salt and pepper.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:52.71, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:27.98782593271%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 45.31mg, Quercetin: 45.31mg, Quercetin: 45.31mg, Quercetin: 45.31mg

Nutrients (% of daily need)

Calories: 517.12kcal (25.86%), Fat: 26.62g (40.96%), Saturated Fat: 6.38g (39.89%), Carbohydrates: 41.92g (13.97%), Net Carbohydrates: 34.93g (12.7%), Sugar: 12.72g (14.13%), Cholesterol: 110.74mg (36.91%), Sodium: 158.63mg (6.9%), Alcohol: 3.09g (100%), Alcohol %: 0.7% (100%), Protein: 24.47g (48.95%), Vitamin A: 7311.56IU (146.23%), Vitamin K: 90.11µg (85.82%), Vitamin B6: 0.91mg (45.43%), Vitamin B3: 8.01mg (40.07%), Vitamin C: 31.05mg (37.64%), Potassium: 1191.13mg (34.03%), Phosphorus: 339.76mg (33.98%), Selenium: 23.47µg (33.53%), Fiber: 6.99g (27.95%), Manganese: 0.56mg (27.77%), Vitamin B1: 0.3mg (20.19%), Folate: 78.01µg (19.5%), Magnesium: 75.62mg (18.9%), Vitamin B2: 0.31mg (18.39%), Vitamin B5: 1.84mg (18.36%), Copper: 0.33mg (16.3%), Iron: 2.86mg (15.88%), Zinc: 2.38mg (15.87%), Vitamin B12: 0.78µg (13.04%), Vitamin E: 1.62mg (10.83%), Calcium: 94.89mg (9.49%)