



Smothered Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup onion sliced
- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 2 teaspoons sugar
- ☐ 12 oz campbell's chicken gravy
- ☐ 1 tablespoon sherry dry
- ☐ 2 lb rotisserie chicken cut skinless cut into serving pieces, if desired
- ☐ 1 tablespoon parsley fresh chopped

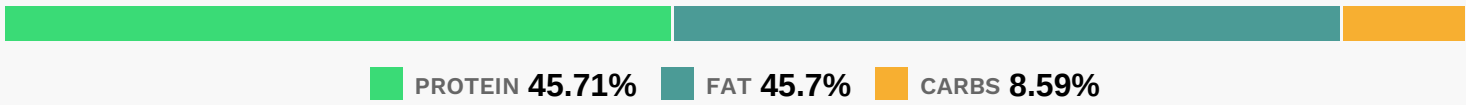
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, melt butter over medium heat. Cook onion and mushrooms in butter 8 to 10 minutes, stirring occasionally, until onions are tender and beginning to brown. Stir in sugar. Cook about 3 minutes, stirring occasionally, until vegetables are very brown.
- ☐ Stir gravy and sherry into vegetables.
- ☐ Add chicken to skillet; spoon sauce over chicken.
- ☐ Cover; cook 5 to 10 minutes, turning chicken after half the cooking time, until thoroughly heated.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:2.66, Inflammation Score:-4, Nutrition Score:5.9078261385793%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 565.08kcal (28.25%), Fat: 28.73g (44.2%), Saturated Fat: 7.58g (47.37%), Carbohydrates: 12.16g (4.05%), Net Carbohydrates: 10.88g (3.96%), Sugar: 6.34g (7.04%), Cholesterol: 224.53mg (74.84%), Sodium: 1233.26mg (53.62%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 64.66g (129.31%), Vitamin K: 16.58µg (15.79%), Vitamin B2: 0.24mg (14.31%), Vitamin A: 623.74IU (12.47%), Vitamin B3: 2.11mg (10.56%), Copper: 0.2mg (9.88%), Vitamin B5: 0.91mg (9.1%), Selenium: 5.49µg (7.84%), Potassium: 249.89mg (7.14%), Vitamin C: 5.49mg (6.66%),

Phosphorus: 63.23mg (6.32%), Vitamin B6: 0.11mg (5.52%), Fiber: 1.28g (5.12%), Folate: 18.87µg (4.72%), Vitamin B1: 0.07mg (4.4%), Manganese: 0.08mg (4.22%), Magnesium: 10.19mg (2.55%), Zinc: 0.38mg (2.52%), Iron: 0.44mg (2.45%), Vitamin E: 0.24mg (1.59%), Calcium: 14.74mg (1.47%)