



Smothered Chicken and Gravy



Vegetarian



Vegan



Dairy Free

READY IN



115 min.

SERVINGS



4

CALORIES



4764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 10.5 pound irish oats
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 medium onion yellow thinly sliced
- ☐ 3 spring onion cut into 1-inch pieces
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup soya sauce

- ☐ 3.5 cups water hot
- ☐ 1 teaspoon onion powder

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In deep 12-inch skillet, heat oil over low heat 5 minutes.
- ☐ Sprinkle chicken with salt and pepper; place in hot skillet. Cover chicken with yellow and green onions. Increase heat to medium. Cook 10 minutes; turn chicken. Cook 10 minutes longer or until golden. Reduce heat to low; cook 5 minutes longer. Turn; cook 5 minutes.
- ☐ Remove chicken from skillet.
- ☐ Place in large pot or Dutch oven; set aside.
- ☐ Continue heating skillet over low heat. In medium bowl, stir flour, soy sauce, 2 cups of the hot water and the onion powder with wire whisk or fork until smooth.
- ☐ In hot skillet, cook flour mixture over medium heat, stirring constantly with wire whisk or fork, until mixture boils and thickens. Gradually stir in remaining 1 1/2 cups hot water until smooth.
- ☐ Pour gravy over chicken in large pot.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer 1 hour, stirring occasionally. (Gravy may stick to pot.)

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:386.81, Inflammation Score:-4, Nutrition Score:17.655217279559%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 4763.76kcal (238.19%), Fat: 90.44g (139.14%), Saturated Fat: 13g (81.22%), Carbohydrates: 807.31g (269.1%), Net Carbohydrates: 674.94g (245.43%), Sugar: 1.22g (1.35%), Cholesterol: 0mg (0%), Sodium: 1529.21mg (66.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 195.36g (390.71%), Fiber: 132.37g (529.48%), Iron: 51.05mg (283.63%), Calcium: 621.87mg (62.19%), Vitamin K: 31.69µg (30.18%), Manganese: 0.33mg (16.4%), Vitamin B1: 0.21mg (13.95%), Folate: 55.11µg (13.78%), Selenium: 8.31µg (11.87%), Vitamin B3: 2.22mg (11.08%), Vitamin B2: 0.16mg (9.23%), Phosphorus: 59.77mg (5.98%), Copper: 0.11mg (5.62%), Magnesium: 19.14mg (4.78%), Vitamin E: 0.63mg (4.18%), Vitamin B6: 0.08mg (3.76%), Vitamin C: 2.83mg (3.43%), Potassium: 119.32mg (3.41%), Zinc: 0.35mg (2.34%), Vitamin B5: 0.21mg (2.06%), Vitamin A: 91.37IU (1.83%)