



Smothered Chicken and Gravy

 Dairy Free

READY IN



115 min.

SERVINGS



4

CALORIES



1397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 pound chicken
- ☐ 0.8 cup flour all-purpose
- ☐ 3 spring onion cut into 1-inch pieces
- ☐ 1 teaspoon onion powder
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons vegetable oil

- ☐ 3.5 cups water hot
- ☐ 0.5 medium onion yellow thinly sliced

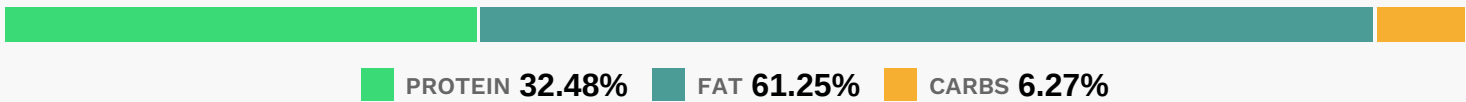
Equipment

- ☐ 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:45.25, Glycemic Load:13.53, Inflammation Score:-8, Nutrition Score:38.702608564626%

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: 1396.52kcal (69.83%), Fat: 93.17g (143.33%), Saturated Fat: 25.72g (160.76%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 20.07g (7.3%), Sugar: 1.22g (1.35%), Cholesterol: 428.64mg (142.88%), Sodium: 1929.28mg (83.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 111.15g (222.3%), Vitamin B3: 41.08mg (205.42%), Selenium: 90.61µg (129.44%), Vitamin B6: 2.08mg (103.78%), Phosphorus: 899.91mg (89.99%), Vitamin B5: 5.41mg (54.07%), Zinc: 7.84mg (52.25%), Vitamin B2: 0.84mg (49.57%), Iron: 6.9mg (38.35%), Vitamin K: 40.26µg (38.35%), Vitamin B1: 0.55mg (36.81%), Potassium: 1199.5mg (34.27%), Magnesium: 133.44mg (33.36%), Vitamin B12: 1.77µg (29.53%), Folate: 89.4µg (22.35%), Manganese: 0.44mg (21.83%), Copper: 0.39mg (19.34%), Vitamin A: 891.51IU (17.83%), Vitamin E: 2.34mg (15.61%), Vitamin C: 11.97mg (14.51%), Calcium: 89.4mg (8.94%), Vitamin D: 1.14µg (7.62%), Fiber: 1.39g (5.58%)