



Smothered Chicken and Gravy (Makeover)

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



5

CALORIES



1296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cups brown rice long-grain uncooked
- 2.7 cups water
- 0.5 cup flour all-purpose
- 1.5 teaspoons lawry's seasoned salt
- 1 teaspoon thyme leaves dried
- 1 teaspoon paprika
- 0.5 teaspoon pepper
- 3 lb irish oats whole skinless

- 2 tablespoon canola oil
- 1 cup celery thinly sliced (2 medium stalks)
- 0.5 medium bell pepper red cut into thin bite-size strips
- 0.5 medium onion thinly sliced
- 2 cups water hot
- 1 tablespoon parsley fresh chopped

Equipment

- bowl
- frying pan
- ziploc bags

Directions

- Cook rice in 2 2/3 cups water as directed on package, omitting butter and salt; keep warm.
- In 1-gallon resealable food-storage plastic bag, mix flour, seasoned salt, thyme, paprika and pepper. Fill medium bowl with water. Dip chicken pieces in water; shake to remove excess water.
- Place half of chicken pieces at a time in bag with flour mixture; shake to coat all sides.
- Remove chicken; reserve remaining flour mixture in bag.
- In deep 12-inch nonstick skillet, heat oil over medium heat.
- Add chicken; cook 8 to 10 minutes, turning occasionally, until browned on all sides.
- Remove chicken from skillet; set aside.
- In same skillet, stir reserved flour mixture into drippings; cook about 2 minutes, stirring constantly, until mixture is light brown. Stir in celery, bell pepper and onion. Cook 4 to 6 minutes, stirring frequently, until vegetables are crisp-tender.
- Stir in 2 cups hot water until well blended. Return chicken to skillet.
- Heat to boiling. Reduce heat to low; cover and simmer 40 to 50 minutes or until juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and drumsticks).
- Serve over rice; sprinkle with parsley.

Nutrition Facts

PROTEIN 14.71% FAT 17.82% CARBS 67.47%

Properties

Glycemic Index:81.15, Glycemic Load:109, Inflammation Score:-8, Nutrition Score:20.289999941121%

Flavonoids

Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg, Apigenin: 2.31mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 1295.73kcal (64.79%), Fat: 25.94g (39.91%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 220.94g (73.65%), Net Carbohydrates: 188.34g (68.49%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 728.33mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.19g (96.38%), Fiber: 32.6g (130.4%), Manganese: 1.6mg (79.89%), Iron: 12.88mg (71.53%), Vitamin K: 24.34µg (23.19%), Vitamin C: 18.38mg (22.28%), Vitamin B1: 0.27mg (18.21%), Calcium: 173.52mg (17.35%), Magnesium: 66.16mg (16.54%), Vitamin A: 748.01IU (14.96%), Vitamin B6: 0.27mg (13.65%), Vitamin B3: 2.63mg (13.15%), Phosphorus: 127.41mg (12.74%), Folate: 46.94µg (11.73%), Copper: 0.18mg (9.07%), Vitamin E: 1.36mg (9.04%), Vitamin B5: 0.74mg (7.41%), Zinc: 0.99mg (6.59%), Potassium: 227.69mg (6.51%), Vitamin B2: 0.11mg (6.51%), Selenium: 4.42µg (6.32%)