



## Smothered Chicken and Gravy (Makeover)

 Dairy Free

READY IN



80 min.

SERVINGS



5

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cups brown rice long-grain uncooked
- 2 tablespoon canola oil
- 1 cup celery thinly sliced ( 2 medium stalks)
- 3 lb chicken whole skinless
- 0.5 cup flour all-purpose
- 1 tablespoon parsley fresh chopped
- 0.5 medium onion thinly sliced
- 1 teaspoon paprika

- 0.5 teaspoon pepper
- 0.5 medium bell pepper red cut into thin bite-size strips
- 1.5 teaspoons lawry's seasoned salt
- 1 teaspoon thyme leaves dried
- 2 cups water hot
- 2.7 cups water

## 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 (170F for breasts; 180F for thighs and drumsticks).
- Serve over rice; sprinkle with parsley.

# Nutrition Facts

PROTEIN 22.26% FAT 45.97% CARBS 31.77%

## Properties

Glycemic Index:69.75, Glycemic Load:23.67, Inflammation Score:-8, Nutrition Score:21.70695627254%

## 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: 526.07kcal (26.3%), Fat: 26.57g (40.87%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 38.66g (14.06%), Sugar: 1.32g (1.47%), Cholesterol: 97.98mg (32.66%), Sodium: 819.77mg (35.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.88%), Manganese: 1.62mg (81.13%), Vitamin B3: 11.51mg (57.57%), Vitamin B6: 0.73mg (36.51%), Selenium: 23.23µg (33.19%), Phosphorus: 319.44mg (31.94%), Vitamin K: 26.3µg (25.05%), Vitamin C: 20.47mg (24.81%), Vitamin B1: 0.35mg (23.44%), Magnesium: 92.29mg (23.07%), Vitamin B5: 1.93mg (19.29%), Vitamin A: 930.9IU (18.62%), Zinc: 2.7mg (18%), Vitamin B2: 0.27mg (15.73%), Iron: 2.78mg (15.47%), Folate: 54.78µg (13.69%), Potassium: 474.59mg (13.56%), Copper: 0.24mg (12.21%), Vitamin E: 1.75mg (11.66%), Fiber: 2.66g (10.65%), Vitamin B12: 0.41µg (6.75%), Calcium: 51.81mg (5.18%), Vitamin D: 0.26µg (1.74%)