



Spring Chicken Fricassee With Peas

READY IN



30 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup evaporated milk fat-free
- ☐ 0.8 cup chicken broth fat-free low-sodium
- ☐ 3 tablespoons flour
- ☐ 0.8 cup chicken broth low sodium
- ☐ 2 tablespoons oil
- ☐ 2 cups peas frozen
- ☐ 4 servings salt and pepper
- ☐ 4 chicken breasts boneless skinless
- ☐ 1 cup onion sweet chopped

☐ 0.5 teaspoon tarragon leaves dried

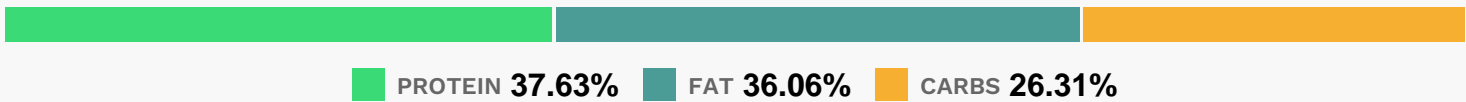
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ measuring cup

Directions

- ☐ Turn oven on 250-300 to warm.2
- ☐ Cut each large chicken breasts so they are smaller portions. I do this at an angle so they are still not too thick. Season with salt and ground pepper.3
- ☐ Heat oil in a frying pan on medium high setting. (I prefer to use my stainless steel pan instead of non-stick).
- ☐ Place chicken pieces in pan and cook for 10 to 12 minutes or until browned on each side.
- ☐ Remove from pan and place in a casserole dish in the oven to keep warm.4 In same pan, add the onions and sautee for a few minutes on medium heat, add chicken broth to de-glaze the pan.5 In a measuring cup, pour in the evaporated milk and then add the 3 tbs flour.
- ☐ Mix well.6 Turn the heat down to low and add milk/flour to the pan and stir with broth and onions until thickened.7
- ☐ Add tarragon and frozen peas. Stir until warmed through, about 5 minutes and turn off the heat.8 Open the oven and remove the casserole dish (be carful, it's hot).
- ☐ Pour the pea mixture over the chicken and serve.9
- ☐ Serve with rice or potatoes.

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:5.98, Inflammation Score:-8, Nutrition Score:23.972608498905%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 361.39kcal (18.07%), Fat: 14.43g (22.19%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 19.02g (6.92%), Sugar: 10.99g (12.21%), Cholesterol: 86.02mg (28.67%), Sodium: 408.6mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.73%), Vitamin B3: 15.01mg (75.06%), Selenium: 40.67µg (58.1%), Vitamin B6: 1.06mg (53.09%), Phosphorus: 455.73mg (45.57%), Vitamin C: 33.3mg (40.36%), Potassium: 875.49mg (25.01%), Vitamin B2: 0.42mg (24.92%), Vitamin B1: 0.35mg (23.24%), Vitamin K: 23.62µg (22.49%), Vitamin B5: 2.05mg (20.51%), Manganese: 0.41mg (20.31%), Folate: 75.6µg (18.9%), Fiber: 4.66g (18.65%), Magnesium: 71.24mg (17.81%), Calcium: 162.45mg (16.24%), Vitamin A: 712.35IU (14.25%), Zinc: 2.11mg (14.06%), Iron: 2.21mg (12.26%), Copper: 0.24mg (12.16%), Vitamin E: 1.62mg (10.81%), Vitamin B12: 0.39µg (6.5%), Vitamin D: 0.16µg (1.07%)