



Spring Chicken with Peas and Onions

READY IN



50 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 chicken thighs boneless skinless
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion chopped
- ☐ 0.8 cup fat-skimmed beef broth fat-free with 1/3 less sodium
- ☐ 0.8 cup evaporated milk fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups peas sweet frozen (from 1-lb bag)

☐ 2 teaspoons tarragon dried fresh chopped

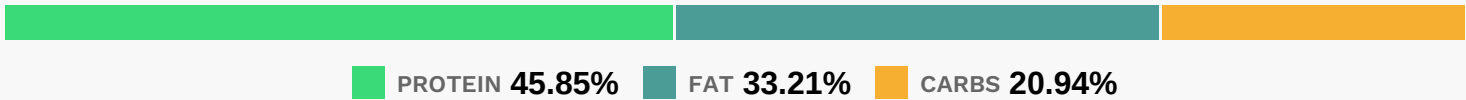
Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Sprinkle chicken thighs with salt and pepper. In 4-quart Dutch oven, heat oil over medium-high heat until hot.
- ☐ Add chicken in batches; cook 4 to 6 minutes or until browned on both sides.
- ☐ Remove chicken from Dutch oven.
- ☐ Add onions to Dutch oven; cook 3 to 4 minutes, stirring frequently, until tender.
- ☐ Add chicken and broth; reduce heat to low. Cover; cook 25 to 30 minutes or until juice of chicken is clear when center of thickest part is cut (180°F).
- ☐ Remove chicken; place on platter. Cover with foil to keep warm.
- ☐ In small bowl, mix milk and flour until smooth. Beating with wire whisk, add flour mixture to cooking juices in Dutch oven. Increase heat to medium.
- ☐ Add peas and tarragon; cook about 5 minutes, stirring frequently, until peas are tender and sauce has thickened slightly.
- ☐ Pour mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:62.08, Glycemic Load:7.03, Inflammation Score:-8, Nutrition Score:30.829565506914%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 462.79kcal (23.14%), Fat: 16.79g (25.83%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 18.76g (6.82%), Sugar: 10.63g (11.81%), Cholesterol: 228.4mg (76.13%), Sodium: 721.96mg (31.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.16g (104.32%), Selenium: 56.56µg (80.8%), Vitamin B3: 14.94mg (74.68%), Phosphorus: 622.42mg (62.24%), Vitamin B6: 1.23mg (61.63%), Vitamin B2: 0.71mg (41.53%), Vitamin C: 33.36mg (40.43%), Vitamin B1: 0.49mg (32.44%), Zinc: 4.85mg (32.36%), Vitamin B5: 3.21mg (32.15%), Vitamin K: 31.35µg (29.86%), Potassium: 982.05mg (28.06%), Vitamin B12: 1.61µg (26.79%), Manganese: 0.52mg (25.96%), Magnesium: 96.49mg (24.12%), Iron: 3.7mg (20.56%), Folate: 81.01µg (20.25%), Fiber: 5.05g (20.22%), Calcium: 185.38mg (18.54%), Vitamin A: 764.93IU (15.3%), Copper: 0.3mg (15.07%), Vitamin E: 0.87mg (5.78%)