



Waterzooi de Poulet

READY IN



30 min.

SERVINGS



4

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings crusty baguette warmed for passing
- ☐ 2 tablespoons butter
- ☐ 2 carrots diced peeled
- ☐ 6 cups chicken stock see
- ☐ 1 large egg yolk
- ☐ 1 bay leaf dried fresh
- ☐ 4 sprigs parsley fresh chopped for garnish plus a handful
- ☐ 4 sprigs thyme leaves fresh
- ☐ 1 cup heavy cream

- ☐ 2 leeks dried rinsed chopped
- ☐ 2 potatoes diced all-purpose peeled
- ☐ 4 servings salt and pepper white
- ☐ 4 chicken breasts boneless skinless

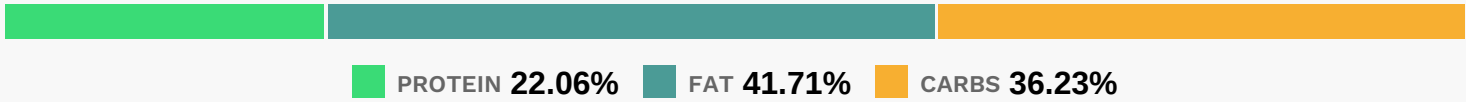
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ In a deep pot over moderate heat melt butter and saute the vegetables for 5 minutes. Season with salt and white pepper. Tie together bay, parsley and thyme and add to the pot with stock or broth. Cover the pot and raise heat to bring liquid to a boil.
- ☐ Add chicken to the pot, cover and reduce heat to medium low. Poach the chicken 10 minutes. Uncover the pot.
- ☐ Remove chicken and slice.
- ☐ Whisk cream and egg together.
- ☐ Add a ladle of cooking broth to cream and egg to temper it. Stir cream and egg mixture into the waterzooi and stir constantly for 2 to 3 minutes to thicken.
- ☐ Add chicken back to the pot along with chopped parsley. Adjust seasoning. Ladle waterzooi into warm shallow bowls and serve with crusty baguette for dipping.

Nutrition Facts



Properties

Glycemic Index:90.33, Glycemic Load:37.54, Inflammation Score:-10, Nutrition Score:40.05173880121%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 813.46kcal (40.67%), Fat: 37.61g (57.86%), Saturated Fat: 19.9g (124.34%), Carbohydrates: 73.51g (24.5%), Net Carbohydrates: 67.99g (24.72%), Sugar: 14.48g (16.08%), Cholesterol: 211.3mg (70.43%), Sodium: 1335.3mg (58.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.75g (89.5%), Vitamin A: 7128.14IU (142.56%), Vitamin B3: 22.05mg (110.27%), Selenium: 60.12µg (85.89%), Vitamin B6: 1.63mg (81.66%), Phosphorus: 536.69mg (53.67%), Vitamin B2: 0.83mg (48.94%), Vitamin B1: 0.72mg (48.26%), Vitamin K: 48.65µg (46.34%), Potassium: 1576.16mg (45.03%), Vitamin C: 33.5mg (40.6%), Folate: 153.13µg (38.28%), Manganese: 0.76mg (37.94%), Iron: 5.66mg (31.47%), Magnesium: 107.69mg (26.92%), Vitamin B5: 2.61mg (26.08%), Copper: 0.5mg (25.08%), Fiber: 5.52g (22.09%), Calcium: 184.94mg (18.49%), Zinc: 2.38mg (15.85%), Vitamin E: 1.96mg (13.04%), Vitamin D: 1.29µg (8.63%), Vitamin B12: 0.42µg (6.93%)