



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken A La King

Chicken A La King is a classic dish made with chicken, mushrooms, and bell peppers in a creamy sauce. It is typically served over rice or noodles and is a comforting and flavorful meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
200 g	Mushrooms
150 g	bell pepper
50 g	butter
50 g	flour

250 ml	chicken broth
250 ml	milk
1 tsp	salt
0.5 tsp	pepper
10 g	Parsley

Directions

Step 1

Stove

Heat butter in a large skillet over medium heat. Add chicken and cook until browned. Remove chicken from skillet and set aside.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Stove

In the same skillet, add mushrooms and bell pepper. Cook until vegetables are tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add flour to the skillet and stir until vegetables are coated. Cook for 1 minute.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Stove

Gradually whisk in chicken broth and milk. Cook until the mixture thickens.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Stove

Return the chicken to the skillet and cook until heated through. Season with salt and pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Garnish with parsley before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Christmas

Easter

Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com