



Apple Cider Chicken

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

467 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 1 apples i use 2 granny smith apples cored sliced into 1/4-inch wedges
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 2 pounds chicken breasts boneless skinless
- ☐ 0.5 vidalia onion chopped

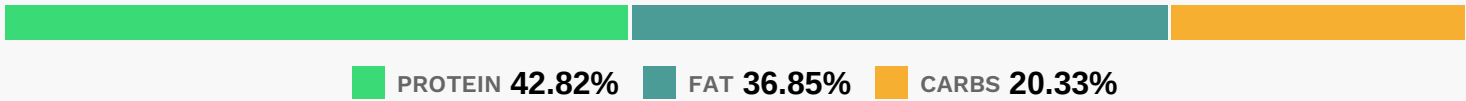
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil and 1 tablespoon butter in a skillet over medium-high heat. Season the chicken breasts with salt and pepper, add to pan and sear until golden, about 4 minutes each side.
- ☐ Remove chicken from pan, and set aside.
- ☐ Add remaining butter and onion, apple, garlic, thyme and bay leaves.
- ☐ Saute until apple begins to get color and onions soften, about 6 minutes.
- ☐ Add flour and stir 2 to 3 minutes. Nestle chicken back into pan, add cider, bring to a boil, reduce to a simmer and cover. Cook until chicken is cooked through, about 12 minutes.

Nutrition Facts



Properties

Glycemic Index:64.94, Glycemic Load:7.96, Inflammation Score:-8, Nutrition Score:24.680434880049%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 7.59mg, Epicatechin: 7.59mg, Epicatechin: 7.59mg, Epicatechin: 7.59mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 467.02kcal (23.35%), Fat: 18.87g (29.03%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 21.42g (7.79%), Sugar: 15.37g (17.08%), Cholesterol: 160.2mg (53.4%), Sodium: 316.3mg

(13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.34g (98.67%), Vitamin B3: 24.08mg (120.41%), Selenium: 74.56µg (106.51%), Vitamin B6: 1.82mg (91.04%), Phosphorus: 509.04mg (50.9%), Vitamin B5: 3.38mg (33.82%), Potassium: 1046.9mg (29.91%), Magnesium: 72.25mg (18.06%), Vitamin B2: 0.29mg (16.92%), Vitamin B1: 0.23mg (15.03%), Vitamin K: 15.07µg (14.35%), Manganese: 0.27mg (13.31%), Vitamin E: 1.74mg (11.62%), Iron: 2.01mg (11.16%), Vitamin C: 8.57mg (10.39%), Zinc: 1.5mg (9.98%), Fiber: 2.01g (8.05%), Vitamin B12: 0.47µg (7.76%), Folate: 28.57µg (7.14%), Copper: 0.13mg (6.26%), Vitamin A: 291.68IU (5.83%), Calcium: 46.12mg (4.61%), Vitamin D: 0.23µg (1.51%)