



Asian-Style Chicken Breasts and Bacon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon five-spice powder chinese
- 0.8 cup beef stock low-sodium
- 0.5 cup cooking wine dry white
- 4 large garlic cloves sliced
- 0.5 pound bacon lean cut into 1 1/2-inch pieces
- 2 tablespoons vegetable oil; peanut oil preferred
- 4 servings salt and pepper freshly ground
- 2 scallions cut into 1-inch lengths

- 0.5 pound chicken breasts boneless skinless cut into 1 1/2-inch pieces
- 1 tablespoon soya sauce
- 0.5 pound mushrooms white quartered

Equipment

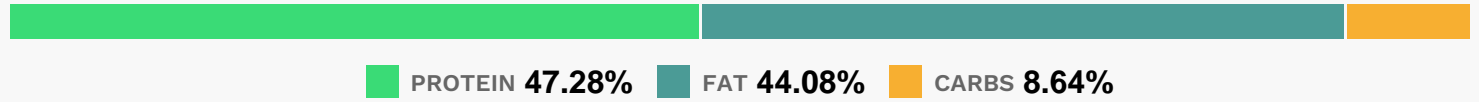
- frying pan
- sauce pan

Directions

- In a small saucepan, combine the stock and five-spice powder and simmer over low heat for 3 minutes. Set the stock aside.
- In a large skillet, heat 1 tablespoon of the oil.
- Add the bacon and cook over low heat, turning a few times, until most of the fat is rendered and the bacon is browned, 15 to 20 minutes.
- Transfer the bacon to a large plate.
- Add the garlic to the bacon fat in the skillet and cook over low heat until golden, about 5 minutes.
- Add the garlic to the bacon.
- Add the chicken breast pieces to the skillet, season with salt and pepper and cook over moderate heat until they are browned and just cooked through, about 8 minutes.
- Transfer the chicken to the plate.
- Heat the remaining 1 tablespoon of oil in the skillet.
- Add the mushrooms and cook over moderate heat until all of their liquid has evaporated and they start to brown, about 8 minutes.
- Transfer the mushrooms to the plate.
- Add the wine to the skillet and simmer over moderately high heat until it is reduced by half, about 4 minutes.
- Add the soy sauce, spiced stock, bacon, garlic, chicken and mushrooms to the skillet and cook, stirring, until heated through.
- Add the scallions.

- Transfer to a platter and serve.
- Serve With: Steamed rice.
- Wine Recommendation: A bright, fruity yet subtle Pinot Noir is a good match for the earthy mushrooms, pungent soy sauce and smoky bacon here. Look for the 2000 Patricia Green from Oregon or the 2000 Felton Road from New Zealand.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.93, Inflammation Score:-3, Nutrition Score:11.352173789688%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 247.51kcal (12.38%), Fat: 11.27g (17.33%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.11g (1.49%), Sugar: 1.71g (1.9%), Cholesterol: 36.29mg (12.1%), Sodium: 1664.03mg (72.35%), Alcohol: 3.09g (100%), Alcohol %: 1.47% (100%), Protein: 27.19g (54.39%), Vitamin B3: 8.84mg (44.19%), Selenium: 23.96µg (34.23%), Vitamin B6: 0.55mg (27.73%), Phosphorus: 200.26mg (20.03%), Vitamin B2: 0.32mg (18.71%), Vitamin B5: 1.71mg (17.12%), Potassium: 491.22mg (14.03%), Vitamin K: 12.75µg (12.15%), Copper: 0.24mg (12.09%), Vitamin E: 1.25mg (8.32%), Manganese: 0.16mg (7.94%), Magnesium: 27.47mg (6.87%), Vitamin B1: 0.1mg (6.43%), Iron: 1.01mg (5.61%), Zinc: 0.8mg (5.31%), Vitamin C: 3.99mg (4.83%), Folate: 16.97µg (4.24%), Fiber: 0.86g (3.43%), Vitamin B12: 0.18µg (3.01%), Calcium: 21.39mg (2.14%), Vitamin A: 77.88IU (1.56%), Vitamin D: 0.17µg (1.13%)