



Balsamic Glazed Chicken Breast

 Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons balsamic vinegar
- 12 servings pepper black freshly ground
- 1 stick butter
- 2 pints cherry tomatoes quartered
- 4 cloves garlic chopped
- 1 onion spanish thinly sliced
- 3 tablespoons parsley chopped for garnish
- 2 cups red wine

- 2 teaspoons salt
- 6 ounce chicken breasts boneless skinless
- 3 tablespoons vegetable oil

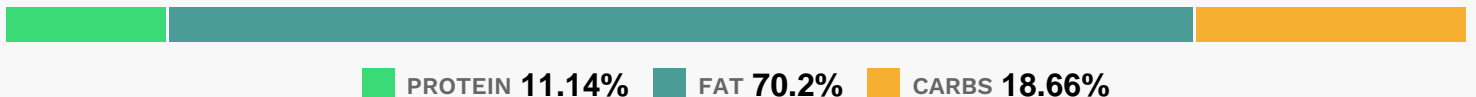
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F.
- Put the vegetable oil and butter into a large skillet and place over high heat. Once the butter and oil are bubbling, add the chicken breasts to the skillet 4 at a time. Sear on each side until the chicken is golden, about 1 minute per side.
- Remove to a large baking dish. Repeat with the remaining breasts and set aside.
- Add the onion and garlic and cook, stirring occasionally, until the onions are soft, about 5 minutes.
- Add the tomatoes, toss to combine and then follow with the balsamic vinegar and red wine and season with salt and pepper. Bring up to a bubble then reduce the heat and let simmer for 10 minutes. [Simmering the wine in this mixture does not reduce the alcohol content substantially.]
- Pour the balsamic mixture over the chicken and place the pan in the top half of the oven for 10 minutes, or until the chicken has just cooked through.
- Remove from the oven, garnish with freshly chopped parsley and set into a prepared chafer.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:6.9447826445103%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 174.74kcal (8.74%), Fat: 11.52g (17.72%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.82g (4.25%), Cholesterol: 29.32mg (9.77%), Sodium: 477.8mg (20.77%), Alcohol: 4.24g (100%), Alcohol %: 3.23% (100%), Protein: 4.11g (8.22%), Vitamin C: 20.47mg (24.81%), Vitamin K: 25.93µg (24.69%), Vitamin A: 711.07IU (14.22%), Vitamin B6: 0.22mg (10.81%), Vitamin B3: 2.02mg (10.12%), Manganese: 0.19mg (9.61%), Potassium: 310.73mg (8.88%), Selenium: 5.3µg (7.57%), Phosphorus: 69.75mg (6.98%), Vitamin E: 0.98mg (6.51%), Iron: 0.94mg (5.25%), Magnesium: 18.58mg (4.64%), Copper: 0.08mg (3.96%), Folate: 14.81µg (3.7%), Vitamin B5: 0.35mg (3.49%), Fiber: 0.79g (3.15%), Vitamin B1: 0.05mg (3.14%), Vitamin B2: 0.05mg (3.05%), Calcium: 22.99mg (2.3%), Zinc: 0.3mg (2.02%)