



Balsamic, Raisin, and Pine Nut Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 tablespoons pinenuts toasted
- ☐ 2 tablespoons raisins
- ☐ 4 servings roasted chicken
- ☐ 1 tablespoon butter unsalted

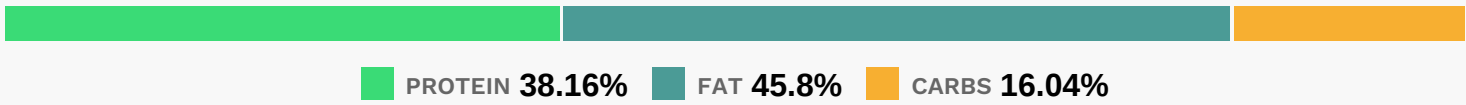
Equipment

- ☐ frying pan
- ☐ cutting board

Directions

- ☐ After you transfer the roast chicken to a cutting board, place the pan containing the drippings over medium heat.
- ☐ Add the vinegar and broth and cook, stirring and scraping the bottom of the pan, for 2 minutes.
- ☐ Remove from heat. Strain the sauce, if desired. Stir in the pine nuts, raisins, salt, and pepper.
- ☐ Add the butter and tilt the pan to swirl until it melts. Spoon the sauce over the carved chicken.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:4.53, Inflammation Score:-2, Nutrition Score:9.546521846367%

Nutrients (% of daily need)

Calories: 239.44kcal (11.97%), Fat: 12.03g (18.5%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 8.76g (3.19%), Sugar: 2.58g (2.87%), Cholesterol: 71.28mg (23.76%), Sodium: 219.78mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.08%), Vitamin B3: 7.21mg (36.03%), Selenium: 21.03µg (30.04%), Manganese: 0.5mg (25.2%), Phosphorus: 205.97mg (20.6%), Vitamin B6: 0.37mg (18.45%), Zinc: 1.66mg (11.07%), Iron: 1.65mg (9.18%), Vitamin B2: 0.16mg (9.16%), Potassium: 318.61mg (9.1%), Magnesium: 34.89mg (8.72%), Vitamin B5: 0.85mg (8.5%), Copper: 0.15mg (7.51%), Vitamin B1: 0.08mg (5.3%), Vitamin B12: 0.27µg (4.45%), Vitamin E: 0.55mg (3.66%), Vitamin K: 3.04µg (2.9%), Fiber: 0.71g (2.84%), Vitamin A: 124.11IU (2.48%), Calcium: 19.2mg (1.92%), Folate: 6.29µg (1.57%)