



Bistro Chicken with Rosemary-Roasted Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 baking potatoes cut into 8 wedges (1 pound)
- ☐ 0.3 teaspoon pepper black
- ☐ 24 ounce skinned chicken breast halves
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 0.8 cup cooking wine dry white
- ☐ 16 ounce less-sodium chicken broth fat-free canned

- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon teaspoon marjoram dried fresh minced
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil
- ☐ 1.3 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup mustard stone-ground stone ground (such as Plochman's Natural Mustard)
- ☐ 1 tablespoon teaspoon thyme dried fresh minced
- ☐ 1 tablespoon water

Equipment

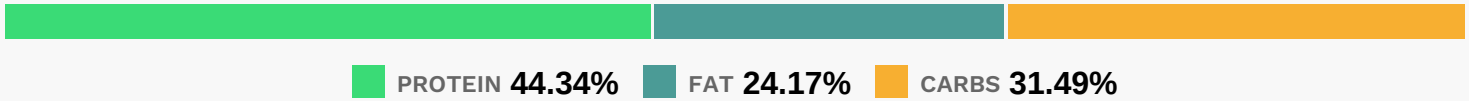
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Combine first 4 ingredients in a shallow dish. Cover and marinate in refrigerator 2 hours, turning occasionally.
- ☐ Preheat oven to 45
- ☐ Combine potatoes and the next 4 ingredients (potatoes through pepper) in a medium bowl; toss well. Arrange potato mixture on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 30 minutes or until tender, stirring occasionally.
- ☐ While potatoes are baking, prepare chicken.
- ☐ Heat 1 teaspoon oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, and saut 8 minutes, stirring frequently.
- ☐ Add wine, and bring to a boil. Stir in garlic.

- ☐ Place chicken, breast sides up, on top of onion.
- ☐ Add broth, and bring to a boil. Cover, reduce heat to medium, and cook 15 minutes or until chicken is done.
- ☐ Remove chicken from pan with a slotted spoon; keep warm. Bring the broth mixture to a boil, and cook until reduced to 2 cups (about 15 minutes).
- ☐ Combine cornstarch and water; add to pan, and bring to a boil. Cook 1 minute, stirring constantly.
- ☐ Pour sauce over the chicken.
- ☐ Serve with roasted potatoes.

Nutrition Facts



Properties

Glycemic Index:83.94, Glycemic Load:16.84, Inflammation Score:-9, Nutrition Score:25.958695831506%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg, Quercetin: 10.9mg

Nutrients (% of daily need)

Calories: 400.89kcal (20.04%), Fat: 9.85g (15.15%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 28.88g (9.63%), Net Carbohydrates: 25.36g (9.22%), Sugar: 3.8g (4.22%), Cholesterol: 108.86mg (36.29%), Sodium: 988.78mg (42.99%), Alcohol: 4.64g (100%), Alcohol %: 1.13% (100%), Protein: 40.65g (81.3%), Vitamin B3: 19.75mg (98.75%), Selenium: 63.43µg (90.62%), Vitamin B6: 1.8mg (90.22%), Phosphorus: 476.91mg (47.69%), Potassium: 1272.82mg (36.37%), Vitamin B5: 3.04mg (30.4%), Manganese: 0.52mg (25.79%), Magnesium: 92.74mg (23.19%), Vitamin C: 16.12mg (19.54%), Vitamin B1: 0.27mg (17.92%), Iron: 3mg (16.67%), Vitamin B2: 0.27mg (16.11%), Fiber: 3.51g (14.05%), Copper: 0.24mg (11.92%), Zinc: 1.65mg (11%), Vitamin B12: 0.57µg (9.45%), Folate: 36.83µg (9.21%), Vitamin K: 8.96µg (8.53%), Calcium: 76.45mg (7.65%), Vitamin E: 1.06mg (7.06%), Vitamin A: 189.04IU (3.78%), Vitamin D: 0.17µg (1.13%)