



Breast of Chicken Madeira

READY IN



45 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups chicken broth ready-to-serve canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup madeira wine
- ☐ 2 tablespoons butter
- ☐ 0.3 cup orange juice unsweetened
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt

- ☐ 24 ounce skinned
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup whipping cream

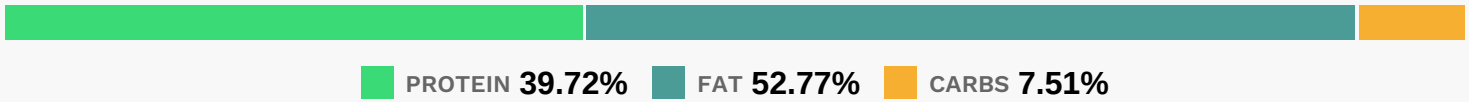
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Dredge chicken in flour.
- ☐ Combine margarine and oil in a large skillet.
- ☐ Place over medium-high heat until margarine melts.
- ☐ Add chicken, and cook 4 to 5 minutes on each side or until done.
- ☐ Transfer chicken to a serving platter, and keep warm.
- ☐ Discard pan drippings; add Madeira and orange juice to skillet. Cook over medium-high heat 6 minutes or until mixture is reduced to about 1/2 cup, deglazing pan by scraping particles that cling to pan.
- ☐ Add broth, and cook 10 minutes or until mixture is reduced to about 3/4 cup.
- ☐ Add cream, and cook 5 minutes or until mixture turns caramel colored and is reduced to about 1/4 cup. Stir in 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Drizzle sauce evenly over chicken breast halves.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:3.59, Inflammation Score:-6, Nutrition Score:16.619130528491%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg

0.37mg, Naringenin: 0.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 421.87kcal (21.09%), Fat: 22.61g (34.79%), Saturated Fat: 7.84g (49%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 7.04g (2.56%), Sugar: 1.85g (2.05%), Cholesterol: 120.61mg (40.2%), Sodium: 672.4mg (29.23%), Alcohol: 4.12g (100%), Alcohol %: 2.09% (100%), Protein: 38.3g (76.59%), Selenium: 48.14µg (68.76%), Vitamin B3: 13.46mg (67.32%), Vitamin B6: 0.98mg (49.04%), Phosphorus: 343.9mg (34.39%), Vitamin B5: 1.73mg (17.33%), Potassium: 575.14mg (16.43%), Vitamin B2: 0.24mg (14.04%), Zinc: 2.08mg (13.86%), Vitamin B12: 0.78µg (12.93%), Vitamin A: 604.56IU (12.09%), Magnesium: 47.25mg (11.81%), Vitamin K: 10.77µg (10.25%), Vitamin B1: 0.13mg (8.62%), Iron: 1.49mg (8.28%), Vitamin C: 6.66mg (8.07%), Vitamin E: 1.09mg (7.24%), Manganese: 0.12mg (5.88%), Folate: 19.45µg (4.86%), Copper: 0.07mg (3.7%), Calcium: 33.56mg (3.36%), Vitamin D: 0.48µg (3.21%)