



California Sherry Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



279 kcal

BEVERAGE

DRINK

Ingredients

- 4 carrots
- 0.5 cup chicken broth
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 1 teaspoon pepper black
- 0.5 optional: lemon
- 1 tablespoon olive oil
- 1 teaspoon salt

- 0.5 cup cooking sherry
- 4 chicken breast halves boneless skinless
- 4 zucchini julienned

Equipment

- frying pan
- ziploc bags

Directions

- Place chicken in a resealable plastic bag with flour, salt, and pepper. Seal bag and shake to coat.
- Remove chicken from bag, shaking off excess flour.
- Heat oil in a large skillet over medium high heat. Brown chicken on each side for about 5 minutes, or until golden.
- Remove from skillet and set aside.
- In same skillet combine sherry, broth, garlic and a squeeze of lemon and bring to a boil. Return chicken to skillet, reduce heat to low and simmer for 15 to 20 minutes, or until chicken is cooked through and no longer pink inside.
- In the meantime, saute carrots and zucchini in a separate medium skillet until they are tender.
- Add to simmering chicken and sauce and heat through before serving.

Nutrition Facts



Properties

Glycemic Index:59.83, Glycemic Load:7.34, Inflammation Score:-10, Nutrition Score:27.875652427259%

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 Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg, Hesperetin: 3.89mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin:

0.19mg, Naringenin: 0.19mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol:
0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg,
Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 279.18kcal (13.96%), Fat: 7.4g (11.38%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 20.64g (6.88%), Net
Carbohydrates: 16.24g (5.9%), Sugar: 8.57g (9.53%), Cholesterol: 72.91mg (24.3%), Sodium: 881.42mg (38.32%),
Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 28.19g (56.39%), Vitamin A: 10622.92IU (212.46%),
Vitamin B3: 13.85mg (69.26%), Vitamin B6: 1.29mg (64.5%), Vitamin C: 47.43mg (57.49%), Selenium: 39.6µg
(56.56%), Phosphorus: 352.24mg (35.22%), Potassium: 1188.24mg (33.95%), Manganese: 0.63mg (31.74%), Vitamin
B2: 0.4mg (23.38%), Vitamin B5: 2.26mg (22.64%), Folate: 79.34µg (19.83%), Magnesium: 79.13mg (19.78%), Vitamin
K: 19.79µg (18.85%), Vitamin B1: 0.28mg (18.48%), Fiber: 4.4g (17.6%), Iron: 1.96mg (10.87%), Zinc: 1.56mg (10.43%),
Copper: 0.19mg (9.65%), Vitamin E: 1.4mg (9.33%), Calcium: 69.66mg (6.97%), Vitamin B12: 0.23µg (3.86%)