



Chicken and Red Wine Sauce

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



55 min.

SERVINGS



12

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup brown sugar
- 1 tablespoon garlic minced
- 1 tablespoon olive oil
- 1 tablespoon paprika
- 1 cup red wine
- 12 servings salt and pepper to taste
- 3 pounds chicken breast halves boneless skinless




Equipment

frying pan

Directions

- Heat oil in a large skillet over medium high heat. Cook garlic in oil until tender.
- Place chicken in the skillet, and cook about 10 minutes on each side, until no longer pink and juices run clear.
- Drain oil from skillet.
- Sprinkle chicken with paprika and 1 cup brown sugar.
- Pour red wine around chicken. Cover, and simmer about 15 to 20 minutes; lightly baste chicken with wine sauce while cooking. Season to taste with salt and pepper.

Nutrition Facts

 **PROTEIN 46%**  **FAT 17.86%**  **CARBS 36.14%**

Properties

Glycemic Index:5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:11.789999967036%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 228.89kcal (11.44%), Fat: 4.18g (6.43%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 18.83g (6.85%), Sugar: 17.97g (19.97%), Cholesterol: 72.57mg (24.19%), Sodium: 331.8mg (14.43%), Alcohol: 2.12g (100%), Alcohol %: 1.74% (100%), Protein: 24.24g (48.47%), Vitamin B3: 11.96mg (59.78%), Selenium: 36.68µg (52.4%), Vitamin B6: 0.89mg (44.45%), Phosphorus: 246.32mg (24.63%), Vitamin B5: 1.66mg (16.65%),

Potassium: 485.38mg (13.87%), Magnesium: 34.74mg (8.69%), Vitamin B2: 0.13mg (7.5%), Vitamin A: 321.79IU (6.44%), Vitamin B1: 0.08mg (5.12%), Zinc: 0.72mg (4.83%), Iron: 0.78mg (4.36%), Manganese: 0.08mg (3.8%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.55mg (3.69%), Calcium: 25.16mg (2.52%), Copper: 0.05mg (2.39%), Vitamin C: 1.57mg (1.91%), Vitamin K: 1.49µg (1.42%), Folate: 5.23µg (1.31%)