



Chicken Baked in White Wine Marinade

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

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 32 ounce chicken breast halves bone-in
- ☐ 1 cup cooking wine dry white
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup onion vertically sliced
- ☐ 0.5 teaspoon salt

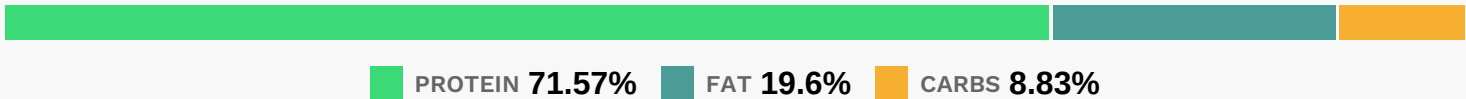
Equipment

- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a large zip-top plastic bag; seal. Marinate in refrigerator 4 hours or up to 24 hours, turning occasionally.
- ☐ Preheat oven to 37
- ☐ Place the chicken, skin side up, in an 11 x 7inch baking dish.
- ☐ Pour marinade over chicken. Cover and bake at 375 for 20 minutes. Uncover and bake an additional 40 minutes or until done.
- ☐ Transfer chicken to a platter. Discard skin, bay leaf, and marinade.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Wine note: Chicken breasts such as these have a delicate flavor and work best with light wines. In summer, serve them with a cold pinot grigio, which is generally made without oak and is lighter and fresher than chardonnay. Try the snappy Tams Estates Pinot Grigio from Monterey County, California and Livermore Valley. The 2006 is \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:1.24, Inflammation Score:-8, Nutrition Score:22.168695506842%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg,

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 326.88kcal (16.34%), Fat: 5.94g (9.13%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.29g (2.54%), Cholesterol: 145.15mg (48.38%), Sodium: 558.7mg (24.29%), Alcohol: 6.18g (100%), Alcohol %: 2.38% (100%), Protein: 48.77g (97.54%), Vitamin B3: 23.79mg (118.94%), Selenium: 73.06µg (104.36%), Vitamin B6: 1.8mg (89.89%), Phosphorus: 501.72mg (50.17%), Vitamin B5: 3.32mg (33.21%), Potassium: 951.06mg (27.17%), Magnesium: 70.39mg (17.6%), Vitamin B2: 0.25mg (14.76%), Vitamin B1: 0.17mg (11.33%), Manganese: 0.21mg (10.41%), Zinc: 1.49mg (9.9%), Vitamin C: 6.96mg (8.44%), Vitamin B12: 0.45µg (7.56%), Iron: 1.22mg (6.8%), Copper: 0.09mg (4.42%), Folate: 17.61µg (4.4%), Fiber: 0.82g (3.28%), Calcium: 31.62mg (3.16%), Vitamin E: 0.44mg (2.94%), Vitamin A: 94.96IU (1.9%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.08µg (1.03%)