



## Chicken Braised in Walnut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

SAUCE

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 32 ounce chicken breast halves
- 14 ounce fat-skimmed beef broth fat-free canned
- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh finely chopped
- 1 garlic clove minced
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground pepper red

- 2 teaspoons olive oil
- 0.3 cup onion finely chopped
- 0.3 teaspoon salt
- 0.5 cup walnut pieces finely chopped
- 2 cups rice long-grain wild white cooked
- 1 tablespoon citrus champagne vinegar

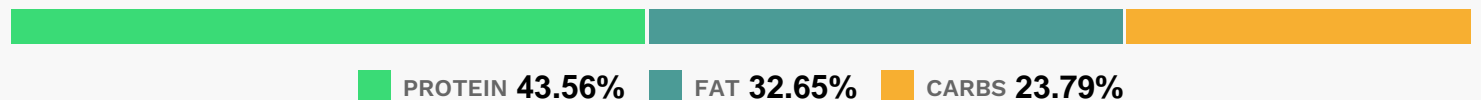
## Equipment

- frying pan
- whisk

## Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add chicken; cook 3 minutes on each side or until browned.
- Remove from pan.
- Add onion and garlic to pan; cook 2 minutes or until tender, stirring constantly.
- Add walnuts, and cook 1 minute or until toasted and fragrant, stirring constantly.
- Combine flour, cinnamon, and red pepper, and sprinkle over walnuts, stirring to coat.
- Add broth; stir with a whisk. Return chicken to pan, breast side up. Cover and simmer 15 minutes or until chicken is done and sauce is slightly thick. Stir in parsley, vinegar, salt, and black pepper.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:90.5, Glycemic Load:26.6, Inflammation Score:-7, Nutrition Score:30.497391669647%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

## Nutrients (% of daily need)

Calories: 502.04kcal (25.1%), Fat: 17.91g (27.56%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 27.39g (9.96%), Sugar: 1.2g (1.34%), Cholesterol: 145.15mg (48.38%), Sodium: 818.6mg (35.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.77g (107.53%), Vitamin B3: 25mg (124.98%), Selenium: 82.87µg (118.39%), Vitamin B6: 1.9mg (94.94%), Vitamin K: 64.01µg (60.96%), Phosphorus: 584.02mg (58.4%), Manganese: 1.04mg (52.13%), Vitamin B5: 3.8mg (37.97%), Potassium: 1015.09mg (29%), Magnesium: 97.48mg (24.37%), Copper: 0.39mg (19.45%), Vitamin B2: 0.31mg (18.11%), Vitamin B1: 0.26mg (17.24%), Zinc: 2.28mg (15.22%), Iron: 2.08mg (11.56%), Vitamin C: 9.24mg (11.2%), Vitamin B12: 0.65µg (10.87%), Folate: 42.05µg (10.51%), Vitamin A: 440.63IU (8.81%), Fiber: 1.96g (7.85%), Vitamin E: 0.93mg (6.21%), Calcium: 51.28mg (5.13%), Vitamin D: 0.23µg (1.51%)