



Chicken Breasts with Rock-Shrimp Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 cup wine dry white
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon garlic finely chopped
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 tablespoon juice of lemon fresh to taste
- ☐ 0.3 cup olive oil
- ☐ 0.8 lb rock shrimp peeled

- ☐ 1 teaspoon salt
- ☐ 4 small chicken breast halves boneless skinless ()
- ☐ 2 tablespoons tomato paste

Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Put oven rack in middle position and preheat oven to 325°F.
- ☐ Pat chicken dry and sprinkle with 3/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté chicken, turning over once, until browned, about 8 minutes total.
- ☐ Transfer chicken with tongs to a small shallow baking pan, reserving fat in skillet.
- ☐ Bake until just cooked through, about 8 minutes.
- ☐ While chicken bakes, add remaining 2 tablespoons oil to skillet and cook garlic over moderate heat, stirring, until pale golden, 1 to 2 minutes.
- ☐ Add wine and tomato paste and simmer, stirring and scraping up any brown bits, 3 minutes.
- ☐ Sprinkle shrimp with remaining 1/4 teaspoon each of salt and pepper, then add to wine mixture and cook, stirring, until opaque, 1 to 2 minutes.
- ☐ Transfer one third of shrimp to a blender, along with enough sauce to blend, and purée until smooth. Stir purée into remaining sauce in skillet.
- ☐ Add cream, lemon juice, and any juices in baking pan and cook over moderately low heat until whole shrimp are just cooked through, about 1 minute.
- ☐ Serve chicken topped with sauce and sprinkled with chives.

Nutrition Facts



 PROTEIN 39.5%  FAT 55.25%  CARBS 5.25%

Properties

Glycemic Index:41.75, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:19.919130506723%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 406.82kcal (20.34%), Fat: 22.72g (34.96%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 4.86g (1.62%), Net Carbohydrates: 4.41g (1.6%), Sugar: 1.92g (2.14%), Cholesterol: 196.29mg (65.43%), Sodium: 1263.99mg (54.96%), Alcohol: 4.64g (100%), Alcohol %: 2.06% (100%), Protein: 36.55g (73.1%), Selenium: 62.56µg (89.37%), Vitamin B3: 13.63mg (68.13%), Vitamin B6: 1.06mg (52.79%), Phosphorus: 472.23mg (47.22%), Vitamin E: 3.77mg (25.14%), Vitamin B12: 1.19µg (19.9%), Vitamin B5: 1.96mg (19.64%), Potassium: 657.15mg (18.78%), Magnesium: 58.36mg (14.59%), Vitamin K: 12.22µg (11.64%), Copper: 0.23mg (11.46%), Vitamin A: 561.96IU (11.24%), Zinc: 1.65mg (11.02%), Vitamin B2: 0.18mg (10.38%), Manganese: 0.19mg (9.42%), Calcium: 74.35mg (7.43%), Vitamin B1: 0.1mg (6.98%), Iron: 1.12mg (6.24%), Vitamin C: 4.98mg (6.04%), Folate: 23.95µg (5.99%), Vitamin D: 0.44µg (2.91%), Fiber: 0.46g (1.83%)