



Chicken Breasts with Sage Orzo

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 rib celery chopped
- ☐ 24 ounce skinned and boned chicken breast halves
- ☐ 0.5 cup cooking wine dry white
- ☐ 43.5 ounce chicken broth fat-free low-sodium divided canned
- ☐ 0.3 cup sage fresh chopped
- ☐ 3 tablespoons sage fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion minced
- ☐ 1 cup orzo pasta uncooked
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 1.5 teaspoons pepper divided freshly ground
- ☐ 6 servings garnish: sage sprigs fresh
- ☐ 0.5 teaspoon salt

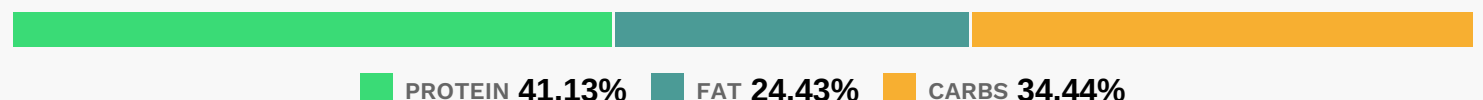
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients and 1 teaspoon pepper in a shallow dish or heavy-duty zip-top plastic bag.
- ☐ Add chicken; cover or seal, and chill 2 hours, turning occasionally.
- ☐ Cook orzo in 2 cans chicken broth according to package directions; drain and set aside.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Brown chicken in a large nonstick skillet coated with vegetable cooking spray over high heat 3 minutes on each side or until done.
- ☐ Remove from skillet; keep warm.
- ☐ Saut onion, garlic, and celery, in skillet coated with cooking spray until tender.
- ☐ Add remaining 1 can chicken broth and wine; cook, stirring often, 5 minutes or until liquid is reduced to 1/2 cup. Stir in orzo, Parmesan cheese, 3 tablespoons chopped sage, and remaining 1/2 teaspoon pepper; cook, stirring often, just until thoroughly heated.
- ☐ Serve immediately with chicken.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:40.96, Glycemic Load:9.87, Inflammation Score:-5, Nutrition Score:22.755652344745%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 331.36kcal (16.57%), Fat: 8.42g (12.95%), Saturated Fat: 2.52g (15.78%), Carbohydrates: 26.7g (8.9%), Net Carbohydrates: 25.19g (9.16%), Sugar: 5.6g (6.22%), Cholesterol: 78.24mg (26.08%), Sodium: 1304.83mg (56.73%), Alcohol: 2.06g (100%), Alcohol %: 0.6% (100%), Protein: 31.89g (63.78%), Copper: 11.02mg (551.1%), Selenium: 58.78µg (83.97%), Vitamin B3: 13.5mg (67.51%), Vitamin B6: 0.97mg (48.42%), Manganese: 0.78mg (38.9%), Phosphorus: 379.77mg (37.98%), Vitamin B5: 2.07mg (20.67%), Potassium: 644.9mg (18.43%), Calcium: 153.6mg (15.36%), Magnesium: 60.99mg (15.25%), Vitamin B2: 0.22mg (12.89%), Vitamin B12: 0.74µg (12.3%), Iron: 1.71mg (9.51%), Zinc: 1.42mg (9.47%), Vitamin B1: 0.14mg (9.42%), Fiber: 1.51g (6.06%), Vitamin E: 0.61mg (4.07%), Vitamin C: 3.02mg (3.67%), Folate: 14.64µg (3.66%), Vitamin K: 2.86µg (2.73%), Vitamin A: 104.08IU (2.08%), Vitamin D: 0.16µg (1.03%)