



## Chicken Florentine Style

READY IN



30 min.

SERVINGS



4

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups cooking wine dry white
- 4 servings flour all-purpose for dredging
- 1 tablespoon garlic chopped
- 1 tablespoon parsley fresh italian chopped
- 4 servings salt and pepper black freshly ground
- 2 tablespoons shallots sliced
- 4 chicken breasts boneless skinless
- 20 ounce cut-leaf spinach frozen thawed drained
- 6 tablespoons butter unsalted ()

- 1 cup whipping cream

## Equipment

- frying pan
- aluminum foil

## Directions

- Watch how to make this recipe.
- Sprinkle the chicken with salt and pepper. Dredge the chicken in the flour to coat lightly. Shake off any excess flour. Melt 2 tablespoons of butter in a heavy large skillet over medium heat.
- Add the chicken and cook until brown, about 5 minutes per side.
- Transfer the chicken to a plate and tent with foil to keep it warm.
- Melt 2 tablespoons of butter in the same skillet over medium heat.
- Add the shallots and garlic and saute until the shallots are translucent, stirring to scrape up any browned bits on the bottom of the skillet, about 1 minute.
- Add the wine. Increase the heat to medium-high and boil until the liquid is reduced by half, about 3 minutes.
- Add the cream and boil until the sauce reduces by half, stirring often, about 3 minutes. Stir in the parsley. Season the sauce, to taste, with salt and pepper.
- Add the chicken and any accumulated juices to the sauce, and turn the chicken to coat in the sauce.
- Meanwhile, melt the remaining 2 tablespoons of butter in another large skillet over medium heat.
- Add the spinach and saute until heated through. Season the spinach, to taste, with salt and pepper. Arrange the spinach over a platter.
- Place the chicken atop the spinach.
- Pour the sauce over and serve.

## Nutrition Facts



■ PROTEIN 21.82% ■ FAT 66.56% ■ CARBS 11.62%

## Properties

Glycemic Index:61.5, Glycemic Load:5.55, Inflammation Score:-10, Nutrition Score:39.608261108398%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

## Nutrients (% of daily need)

Calories: 622.58kcal (31.13%), Fat: 42.09g (64.76%), Saturated Fat: 25.22g (157.62%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 12.96g (4.71%), Sugar: 3.65g (4.06%), Cholesterol: 184.71mg (61.57%), Sodium: 267.61mg (11.64%), Alcohol: 9.27g (100%), Alcohol %: 2.67% (100%), Protein: 31.04g (62.08%), Vitamin K: 705.26µg (671.68%), Vitamin A: 14810.18IU (296.2%), Manganese: 1.51mg (75.44%), Folate: 300.44µg (75.11%), Vitamin B3: 13.44mg (67.19%), Vitamin B6: 1.24mg (61.79%), Selenium: 42.55µg (60.79%), Vitamin C: 43.9mg (53.21%), Magnesium: 158.82mg (39.7%), Potassium: 1374.13mg (39.26%), Phosphorus: 377.4mg (37.74%), Vitamin B2: 0.55mg (32.64%), Iron: 5.08mg (28.22%), Vitamin E: 4.14mg (27.62%), Calcium: 206.81mg (20.68%), Vitamin B5: 1.98mg (19.82%), Vitamin B1: 0.27mg (17.81%), Fiber: 3.58g (14.32%), Copper: 0.25mg (12.61%), Zinc: 1.78mg (11.89%), Vitamin D: 1.38µg (9.2%), Vitamin B12: 0.36µg (5.95%)