



## Chicken in White Wine Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



51 kcal

SAUCE

### Ingredients

- 2 Tbsp cornstarch
- 3 Tbsp grey poupon dijon mustard
- 1 cup cooking wine dry white
- 1.5 cups chicken broth fat-free reduced-sodium
- 1 Tbsp oil
- 3 Tbsp a.1. rub garlic & classic herb dry divided
- 2 lb chicken breasts boneless skinless
- 0.3 cup whipping cream

## Equipment

- frying pan
- whisk

## Directions

- Rub chicken with 2 Tbsp. dry rub.
- Heat oil in large skillet on medium-high heat.
- Add chicken; cook 6 to 8 min. on each side or until browned on both sides.
- Remove chicken from skillet, reserving drippings in skillet; cover chicken to keep warm.
- Add remaining dry rub, chicken broth, wine and mustard to drippings in skillet; stir until blended. Bring to boil.
- Whisk cornstarch and cream until blended.
- Add to broth mixture; cook and stir 5 min. or until thickened.
- Return chicken to skillet; spoon sauce over chicken. Cook 2 to 3 min. or until chicken is done (165F).

## Nutrition Facts

**PROTEIN 50.88%** **FAT 41.89%** **CARBS 7.23%**

## Properties

Glycemic Index:1.34, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.7604348069948%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 50.83kcal (2.54%), Fat: 2.09g (3.21%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 0.81g (0.27%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.15g (0.16%), Cholesterol: 19.58mg (6.53%), Sodium: 90.2mg (3.92%), Alcohol: 0.71g (100%), Alcohol %: 1.89% (100%), Protein: 5.71g (11.41%), Vitamin B3: 2.77mg (13.87%), Selenium: 9.02µg (12.88%), Vitamin B6: 0.2mg (10.02%), Phosphorus: 59.17mg (5.92%), Vitamin B5: 0.39mg (3.92%),

Potassium: 107.25mg (3.06%), Magnesium: 8.27mg (2.07%), Vitamin B2: 0.03mg (1.94%), Vitamin B1: 0.02mg (1.36%), Vitamin B12: 0.07µg (1.23%), Zinc: 0.17mg (1.15%)