

SAUCES & DIPS

Chicken in White Wine Sauce

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.63	199 kcal

Chicken in White Wine Sauce requires roughly 45 minutes from start to finish. This recipe makes 4 servings with 199 calories, 26g of protein, and 5g of fat each. For \$1.63 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ ½ cup fat-free, less-sodium chicken broth
- ☐ 1 teaspoon olive oil
- ☐ 4 teaspoons grated Parmesan cheese
- ☐ 16 ounce skinned, boned chicken breast halves
- ☐ ½ cup dry white wine
- ☐ 2 tablespoons all-purpose flour
- ☐ ¼ teaspoon paprika
- ☐ ¼ teaspoon salt

EQUIPMENT Frying pan, Oven

Method

- 1

Preheat oven to 35
- 2

Combine first 4 ingredients in a shallow dish. Dredge chicken in flour mixture.
- 3

Heat oil in an ovenproof skillet over medium heat.
- 4

Add chicken; cook 2 minutes on each side or until browned.
- 5

Add broth and wine. Bring to a boil; remove from heat. Cover and bake at 350 for 30 minutes or until chicken is done.

6 Sprinkle with cheese.

Nutrition per serving

199	26 g	5 g	4 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.6 g · 10% of daily needs
Sugar			0.4 g · 0% of daily needs
Sodium			481 mg · 21% of daily needs
Cholesterol			76.9 mg · 26% of daily needs
Vitamin C			1.4 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-in-white-wine-sauce-142639