



Chicken in Wine Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



869 kcal

SAUCE

Ingredients

- ☐ 2.3 pounds strips.
- ☐ 2 cups rice wild hot cooked
- ☐ 2 teaspoons basil dried
- ☐ 1.5 teaspoons rosemary dried
- ☐ 1 cup wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup cream cheese light tub-style
- ☐ 2.3 cups milk 1% low-fat

- ☐ 2 cups mushrooms sliced
- ☐ 4 teaspoons olive oil divided
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

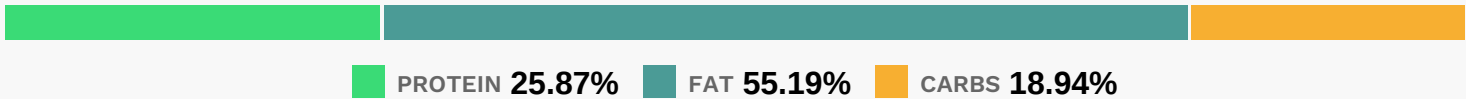
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients and 2 teaspoons oil in a small bowl; rub over chicken.
- ☐ Heat 2 teaspoons oil in a large skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until browned.
- ☐ Remove chicken from pan; set aside.
- ☐ Place flour in a bowl; gradually add milk and wine, stirring with a whisk until blended.
- ☐ Add to skillet, scraping pan to loosen browned bits; bring to a simmer. Return chicken to pan; cover, reduce heat, and simmer 30 minutes or until chicken is done.
- ☐ Add mushrooms; cover and simmer 5 minutes.
- ☐ Remove chicken from pan; cover and set aside.
- ☐ Add cheese to skillet; cook 5 minutes or until cheese melts, stirring constantly with a whisk.
- ☐ Place 1/2 cup rice on each of 4 plates. Top each with 2 chicken thighs and 1 cup sauce.
- ☐ Garnish with oregano sprigs and cranberries, if desired.

Nutrition Facts



Properties

Glycemic Index:62.25, Glycemic Load:6.41, Inflammation Score:-9, Nutrition Score:32.304347867551%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 869.26kcal (43.46%), Fat: 50.58g (77.81%), Saturated Fat: 14.21g (88.84%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 36g (13.09%), Sugar: 9.69g (10.77%), Cholesterol: 264.78mg (88.26%), Sodium: 602.15mg (26.18%), Alcohol: 6.18g (100%), Alcohol %: 1.28% (100%), Protein: 53.35g (106.7%), Selenium: 60.07µg (85.82%), Vitamin B3: 15.58mg (77.89%), Phosphorus: 700mg (70%), Vitamin B6: 1.19mg (59.52%), Vitamin B2: 0.89mg (52.33%), Vitamin B12: 2.6µg (43.33%), Vitamin B5: 4.14mg (41.41%), Zinc: 5.43mg (36.23%), Potassium: 1101.71mg (31.48%), Vitamin B1: 0.44mg (29.54%), Manganese: 0.58mg (29.15%), Magnesium: 112.03mg (28.01%), Calcium: 250.6mg (25.06%), Vitamin K: 24.05µg (22.9%), Iron: 4.06mg (22.55%), Copper: 0.43mg (21.55%), Folate: 66.79µg (16.7%), Vitamin A: 629.3IU (12.59%), Vitamin D: 1.86µg (12.38%), Fiber: 3.04g (12.16%), Vitamin E: 1.67mg (11.11%), Vitamin C: 1.07mg (1.29%)