



Chicken, Mushrooms, and Tomatoes with Port Wine

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves (boneless with skin or without)
- ☐ 4 servings salt and pepper (to taste)
- ☐ 6 cloves garlic (whole)
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons shallots (finely chopped)
- ☐ 0.3 cup port wine
- ☐ 0.8 pound plum tomatoes (cored, quartered)

- ☐ 2 tablespoons parsley chopped (for garnish)
- ☐ 0.3 pound if halved quartered

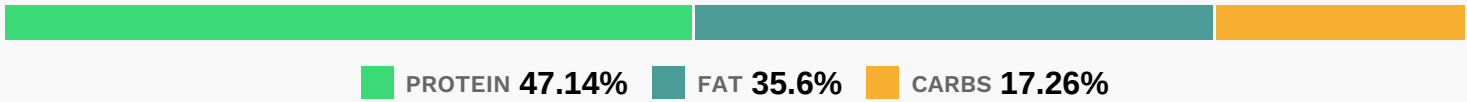
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer

Directions

- ☐ Salt the chicken:
- ☐ Sprinkle the chicken breasts on both sides with salt and pepper.
- ☐ Boil the garlic: Drop the garlic into a small saucepan of boiling water, cook for 5 minutes, and set aside. When cool, peel of the skins.
- ☐ Heat the butter in a heavy skillet and add the chicken pieces. Cook over medium high heat for about 1 minute, or until lightly browned on one side. Turn and cook for about 1 minute on the second side.
- ☐ Add the mushrooms and cook, turning chicken occasionally, for about 2 minutes.
- ☐ the shallots and the garlic cloves to the pan.
- ☐ Add the Port wine, tomatoes, salt and pepper to taste. Cover and cook for 10 minutes, or until the chicken is cooked through)a thermometer inserted into the thickest part of the breast registers 165°F).
- ☐ Transfer the chicken, mushrooms, and tomatoes to a warm platter.
- ☐ If the sauce is thin, cook it down for a minute or two.
- ☐ Pour onto chicken and sprinkle with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:19.425217491129%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 237.38kcal (11.87%), Fat: 8.77g (13.49%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 8.4g (3.05%), Sugar: 4.43g (4.92%), Cholesterol: 87.37mg (29.12%), Sodium: 385.07mg (16.74%), Alcohol: 2.3g (100%), Alcohol %: 1.11% (100%), Protein: 26.13g (52.26%), Vitamin B3: 13.42mg (67.12%), Selenium: 44.83µg (64.05%), Vitamin B6: 1.03mg (51.42%), Vitamin K: 36.03µg (34.32%), Phosphorus: 310.71mg (31.07%), Vitamin C: 25.41mg (30.8%), Potassium: 800.21mg (22.86%), Vitamin B5: 2.21mg (22.14%), Vitamin B2: 0.28mg (16.71%), Vitamin A: 793.9IU (15.88%), Copper: 0.27mg (13.3%), Manganese: 0.27mg (13.26%), Magnesium: 44.78mg (11.2%), Vitamin B1: 0.15mg (9.88%), Zinc: 1.21mg (8.05%), Iron: 1.44mg (8%), Folate: 28.6µg (7.15%), Vitamin E: 0.88mg (5.85%), Fiber: 1.17g (4.66%), Vitamin B12: 0.27µg (4.44%), Calcium: 36.79mg (3.68%)