



## Chicken Scarpariello

READY IN



35 min.

SERVINGS



2

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons butter
- 1 cube chicken bouillon
- 0.5 teaspoon rosemary dried crushed
- 3 tablespoons flour all-purpose
- 2 cloves garlic minced
- 1 pinch ground pepper black
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 2 tablespoons shallots minced

- 1.3 pounds chicken breast halves boneless skinless
- 1 cup water
- 0.5 cup white wine

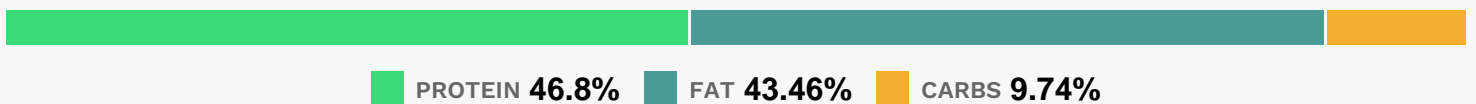
## Equipment

- frying pan
- tongs

## Directions

- Cut chicken breasts into 1 x 3 inch strips, and dredge in flour.
- In 10 inch skillet, heat oil and butter.
- Add chicken. Cook, turning occasionally, until lightly browned on all sides (3 to 4 minutes). Using tongs, remove chicken from skillet. Set aside and keep warm.
- To same skillet, add shallots and garlic.
- Saute until softened (1 minute).
- Add water, wine, broth mix, and seasonings.
- Mix well. Cook, stirring frequently, until liquid is reduced by 1/2 (3 to 4 minutes). Return chicken to skillet, and cook until sauce is thick and chicken is heated through (2 to 3 minutes).

## Nutrition Facts



## Properties

Glycemic Index:151, Glycemic Load:7.14, Inflammation Score:-6, Nutrition Score:26.435652230097%

## 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 584.84kcal (29.24%), Fat: 25.54g (39.29%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 12.16g (4.42%), Sugar: 1.43g (1.59%), Cholesterol: 192.19mg (64.06%), Sodium: 664.85mg (28.91%), Alcohol: 6.18g (100%), Alcohol %: 1.55% (100%), Protein: 61.88g (123.76%), Vitamin B3: 30.34mg (151.71%), Selenium: 95.2µg (135.99%), Vitamin B6: 2.23mg (111.54%), Phosphorus: 630.19mg (63.02%), Vitamin B5: 4.17mg (41.69%), Potassium: 1151.33mg (32.9%), Magnesium: 86.47mg (21.62%), Vitamin B2: 0.36mg (20.9%), Vitamin B1: 0.29mg (19.01%), Vitamin E: 2.68mg (17.9%), Manganese: 0.28mg (13.82%), Zinc: 1.89mg (12.59%), Iron: 2mg (11.1%), Vitamin B12: 0.58µg (9.59%), Vitamin K: 9.83µg (9.36%), Folate: 36.26µg (9.06%), Copper: 0.13mg (6.65%), Vitamin C: 5.15mg (6.25%), Vitamin A: 211.72IU (4.23%), Calcium: 36.03mg (3.6%), Fiber: 0.71g (2.84%), Vitamin D: 0.28µg (1.89%)