

Chicken Vermouth

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



310 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons butter
- 0.3 cup vermouth dry
- 0.5 onion chopped
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless
- 1 cup cup heavy whipping cream sour

Equipment

- frying pan

sauce pan

Directions

- Heat 4 tablespoons butter in a large heavy skillet over medium heat. Cook chicken breasts until golden brown, turning once.
- Pour in 1/2 cup vermouth. Cover, and simmer until no longer pink, and juices run clear, about 15 minutes.
- In a saucepan, heat 2 tablespoons butter over medium heat.
- Saute onion until soft and translucent, but not brown. Stir in 1/4 cup vermouth and sour cream; remove from heat. When chicken is done, pour sauce over. Season with salt and pepper.
- Heat only long enough to warm the sauce, but do not boil.

Nutrition Facts

 **PROTEIN 34.33%**  **FAT 59.62%**  **CARBS 6.05%**

Properties

Glycemic Index:19.25, Glycemic Load:0.29, Inflammation Score:-5, Nutrition Score:12.981304560019%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 310.36kcal (15.52%), Fat: 19.77g (30.42%), Saturated Fat: 10.05g (62.82%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.28g (1.56%), Sugar: 2.55g (2.83%), Cholesterol: 121.29mg (40.43%), Sodium: 388.26mg (16.88%), Alcohol: 1.42g (100%), Alcohol %: 0.87% (100%), Protein: 25.61g (51.23%), Vitamin B3: 11.86mg (59.29%), Selenium: 38.43µg (54.9%), Vitamin B6: 0.89mg (44.33%), Phosphorus: 286.67mg (28.67%), Vitamin B5: 1.83mg (18.28%), Potassium: 511.77mg (14.62%), Vitamin B2: 0.22mg (12.69%), Vitamin A: 567.33IU (11.35%), Magnesium: 36.65mg (9.16%), Calcium: 68.69mg (6.87%), Vitamin B1: 0.09mg (6.03%), Vitamin B12: 0.36µg (5.98%), Zinc: 0.88mg (5.84%), Vitamin E: 0.6mg (3.99%), Vitamin C: 2.89mg (3.5%), Iron: 0.49mg (2.72%), Folate: 10.79µg (2.7%), Copper: 0.05mg (2.32%), Manganese: 0.04mg (2.08%), Vitamin K: 1.63µg (1.56%)