



Chicken with Apple, Onion and Cider Sauce

READY IN



38 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cooking apple sweet cored cut into large pieces
- ☐ 3 tablespoons apple cider vinegar
- ☐ 4 servings flour all-purpose for dredging
- ☐ 1 handful parsley fresh roughly chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 1 large onion red cut into large pieces
- ☐ 2 pounds chicken breasts boneless skinless
- ☐ 2 tablespoons butter unsalted cold

☐ 2 tablespoons vegetable oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 350 degrees Fahrenheit.
- ☐ Heat a large skillet over medium-high heat. Season the chicken breasts with salt and pepper and dredge in the flour, shaking off the excess.
- ☐ Add 2 tablespoons oil to the pan.
- ☐ Place the chicken in the skillet smooth-side down and cook until golden, about 5 minutes per side.
- ☐ Transfer to a baking dish and bake until cooked through, about 8 minutes.
- ☐ Meanwhile, add the onion and apple to the skillet, along with 1 tablespoon oil, if the pan is dry, and increase the heat to high. Cook, tossing, until the onion has wilted slightly and the apple is golden brown, about 2 minutes.
- ☐ Add the vinegar and use a wooden spoon to scrape up the browned bits from the pan.
- ☐ Let the mixture boil until the vinegar becomes syrupy, about 1 minute.
- ☐ Add the chicken broth and return to a boil. Cook until the broth reduces by half.
- ☐ Remove from the heat, season with salt and pepper and whisk in the butter.
- ☐ Remove the chicken from the oven; add any collected juices to the sauce. Divide the chicken among four plates and spoon the apple, onion and pan sauce over each piece.
- ☐ Sprinkle with the parsley.
- ☐ Photograph by Antonis Achiellos

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:6.42, Inflammation Score:-6, Nutrition Score:24.899565282075%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 447.69kcal (22.38%), Fat: 19.07g (29.34%), Saturated Fat: 6.11g (38.22%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.01g (5.09%), Sugar: 6.09g (6.77%), Cholesterol: 160.2mg (53.4%), Sodium: 487.02mg (21.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.2g (102.41%), Vitamin B3: 25.4mg (127%), Selenium: 75.34µg (107.63%), Vitamin B6: 1.76mg (88.18%), Phosphorus: 527.06mg (52.71%), Vitamin B5: 3.34mg (33.38%), Vitamin K: 30.98µg (29.51%), Potassium: 1027.59mg (29.36%), Vitamin B2: 0.31mg (18.41%), Magnesium: 67.73mg (16.93%), Vitamin B1: 0.23mg (15.04%), Zinc: 1.54mg (10.29%), Vitamin C: 8.18mg (9.91%), Vitamin B12: 0.55µg (9.23%), Iron: 1.57mg (8.75%), Manganese: 0.17mg (8.35%), Vitamin E: 1.25mg (8.33%), Folate: 31.12µg (7.78%), Copper: 0.14mg (7.19%), Fiber: 1.79g (7.18%), Vitamin A: 352.33IU (7.05%), Calcium: 29.03mg (2.9%), Vitamin D: 0.33µg (2.21%)