



Chicken with Barbecue-Bourbon Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup bourbon
- 1 tablespoon butter
- 1 tablespoon canola oil
- 0.8 cup less-sodium chicken broth fat-free
- 0.3 teaspoon salt
- 0.3 cup shallots minced
- 24 ounce chicken breast halves boneless skinless
- 2 teaspoons tomato-based barbecue sauce

Equipment

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- Sprinkle chicken evenly with salt and pepper.
- Heat oil and butter in a large nonstick skillet over medium heat.
- Add chicken; cook 6 minutes on each side or until done.
- Remove chicken from pan; keep warm.
- Add shallots to pan; cook 1 minute, stirring constantly.
- Add bourbon to pan; bring to a boil, scraping pan to loosen browned bits. Cook until bourbon mixture is reduced to 2 tablespoons (about 5 minutes).
- Add broth and barbecue sauce; cook until broth mixture is reduced to 1/2 cup (about 3 minutes).
- Serve sauce over chicken.

Nutrition Facts

 **PROTEIN 56.08%**  **FAT 37.12%**  **CARBS 6.8%**

Properties

Glycemic Index:31.75, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:17.763913045759%

Nutrients (% of daily need)

Calories: 305.11kcal (15.26%), Fat: 10.86g (16.7%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.79g (1.38%), Sugar: 2.45g (2.72%), Cholesterol: 116.39mg (38.8%), Sodium: 567.53mg (24.68%), Alcohol: 5.01g (100%), Alcohol %: 2.47% (100%), Protein: 36.9g (73.8%), Vitamin B3: 18.04mg (90.19%), Selenium:

55.68µg (79.54%), Vitamin B6: 1.35mg (67.52%), Phosphorus: 375.85mg (37.59%), Vitamin B5: 2.54mg (25.42%), Potassium: 716.61mg (20.47%), Magnesium: 49.4mg (12.35%), Vitamin B2: 0.19mg (10.96%), Vitamin B1: 0.13mg (8.36%), Zinc: 1.09mg (7.26%), Vitamin B12: 0.43µg (7.19%), Vitamin E: 1.05mg (6.97%), Manganese: 0.11mg (5.5%), Iron: 0.96mg (5.34%), Vitamin C: 3.63mg (4.4%), Copper: 0.08mg (3.9%), Folate: 14.11µg (3.53%), Vitamin K: 3.49µg (3.32%), Vitamin A: 145.57IU (2.91%), Fiber: 0.69g (2.74%), Calcium: 19.81mg (1.98%), Vitamin D: 0.17µg (1.13%)