



Chicken with Cranberry-Port Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.1 teaspoon rubbed sage dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 1.5 tablespoons italian-seasoned breadcrumbs
- ☐ 0.3 cup cranberry chutney (such as Crosse and Blackwell)
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup tawny port sweet

☐ 24 ounce chicken breast halves boneless skinless

Equipment

☐ frying pan

☐ whisk

Directions

☐ Heat the oil in a large nonstick skillet coated with cooking spray over medium-high heat. Dredge the chicken in breadcrumbs.

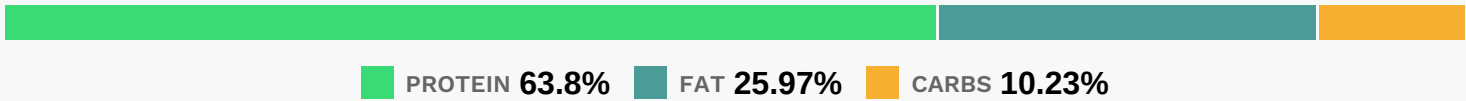
☐ Add to pan, and cook 2 minutes on each side or until lightly browned.

☐ Combine broth and remaining ingredients, stirring with a whisk.

☐ Add to pan; reduce heat to medium. Cover and cook 10 minutes or until chicken is done.

☐ Remove chicken from the pan. Bring broth mixture to a boil, and cook until reduced to 1/2 cup (about 1 minute). Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:17.351304406705%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg Malvidin: 14.25mg, Malvidin: 14.25mg, Malvidin: 14.25mg, Malvidin: 14.25mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.66mg, Peonidin: 3.66mg, Peonidin: 3.66mg, Peonidin: 3.66mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 256.04kcal (12.8%), Fat: 6.67g (10.26%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.48g (1.99%), Sugar: 1.69g (1.88%), Cholesterol: 108.9mg (36.3%), Sodium: 365.04mg (15.87%), Alcohol: 2.3g (100%), Alcohol %: 1.29% (100%), Protein: 36.86g (73.72%), Vitamin B3: 18.17mg (90.85%), Selenium: 56.08µg (80.11%), Vitamin B6: 1.29mg (64.41%), Phosphorus: 369.17mg (36.92%), Vitamin B5: 2.51mg (25.05%), Potassium: 666.23mg (19.04%), Magnesium: 48.09mg (12.02%), Vitamin B2: 0.2mg (11.51%), Vitamin B1: 0.15mg (10.03%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.41µg (6.83%), Manganese: 0.11mg (5.71%), Iron: 0.92mg (5.14%), Vitamin E: 0.7mg (4.7%), Vitamin C: 3.02mg (3.66%), Copper: 0.07mg (3.59%), Vitamin K: 3.74µg (3.56%), Folate: 11.63µg (2.91%), Calcium: 18.52mg (1.85%), Fiber: 0.43g (1.72%), Vitamin A: 62.54IU (1.25%), Vitamin D: 0.17µg (1.13%)