



Chicken with Creamy Cassis Sauce

READY IN



25 min.

SERVINGS



3

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 0.3 cup flour
- ☐ 3 servings salt
- ☐ 3 servings pepper black freshly ground
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup crème de cassis (or a teaspoon of Dijon)
- ☐ 0.3 cup heavy cream
- ☐ 2 tablespoons butter unsalted

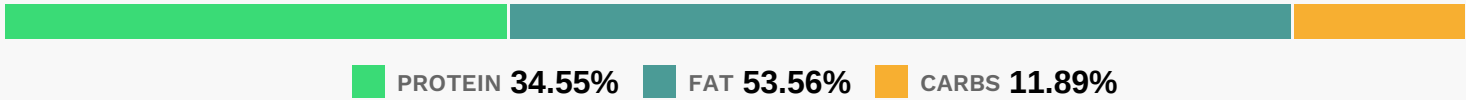
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Dredge chicken: Rinse the chicken breasts and pat dry with paper towels. Dredge them in flour, shake off the excess flour and season with salt and pepper.
- ☐ Heat oil in a large skillet on medium high.
- ☐ Place the chicken breasts in the skillet and cook, turning once, until both sides are golden brown and the chicken is just cooked through, about 10 minutes.
- ☐ Transfer the chicken to a platter, cover with foil to keep warm.
- ☐ Make sauce: Discard excess fat in the skillet.
- ☐ Add the wine and deglaze, scraping up the browned bits. Boil the wine down for half a minute, add the crème de cassis and the cream.
- ☐ Continue to boil down the mixture until it is reduced by a third.
- ☐ Whisk in the butter.
- ☐ Add salt and pepper and spoon over chicken breasts to serve.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:7.78, Inflammation Score:-6, Nutrition Score:21.605652254561%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg,

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 515.04kcal (25.75%), Fat: 29.1g (44.77%), Saturated Fat: 11.74g (73.37%), Carbohydrates: 14.55g (4.85%), Net Carbohydrates: 14.15g (5.14%), Sugar: 3.5g (3.89%), Cholesterol: 163.44mg (54.48%), Sodium: 423.59mg (18.42%), Alcohol: 2.75g (100%), Alcohol %: 1.21% (100%), Protein: 42.23g (84.46%), Vitamin B3: 20.58mg (102.89%), Selenium: 65.91µg (94.15%), Vitamin B6: 1.44mg (72.13%), Phosphorus: 430.59mg (43.06%), Vitamin B5: 2.83mg (28.28%), Potassium: 755.82mg (21.59%), Vitamin B2: 0.3mg (17.78%), Vitamin B1: 0.24mg (15.72%), Magnesium: 56.81mg (14.2%), Vitamin E: 2.11mg (14.08%), Vitamin A: 582.04IU (11.64%), Zinc: 1.3mg (8.65%), Folate: 34.33µg (8.58%), Manganese: 0.17mg (8.53%), Iron: 1.51mg (8.39%), Vitamin K: 7.6µg (7.23%), Vitamin B12: 0.43µg (7.09%), Vitamin D: 0.65µg (4.31%), Copper: 0.08mg (3.94%), Calcium: 30.91mg (3.09%), Vitamin C: 2.39mg (2.89%), Fiber: 0.4g (1.6%)