



Chicken with Fig Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 1 teaspoon mustard dry
- 0.3 cup cooking sherry dry
- 1 cup fat-skimmed chicken broth
- 6 mission figs dried black
- 1 tablespoon flour all-purpose
- 4 servings chives fresh thinly sliced
- 1 teaspoon ground coriander

- 1 tablespoon olive oil
- 8 oz onion peeled chopped
- 4 servings salt and pepper
- 16 oz boned

Equipment

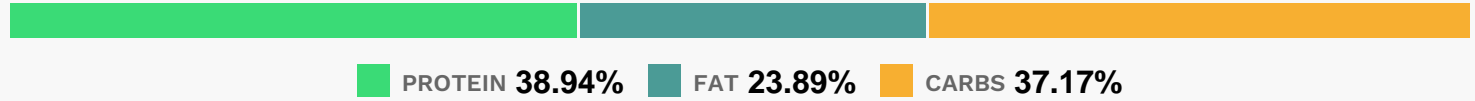
- food processor
- bowl
- frying pan
- sieve
- blender
- tongs

Directions

- Cut figs into quarters and place in a small bowl; cover with hot water and soak until soft, about 15 minutes. Lift figs from liquid and place in a blender or food processor.
- Add 1/3 cup of the soaking liquid (discard remainder) and the broth, coriander, and dry mustard; whirl until smooth.
- Rinse chicken and pat dry. Set a 10- to 12-inch nonstick frying pan over high heat. When hot, add 1 1/2 teaspoons olive oil and tilt pan to coat bottom.
- Add chicken in a single layer and cook, turning once, until browned on both sides, 4 to 6 minutes total.
- Transfer to a plate.
- Reduce heat to medium-high.
- Add remaining 1 1/2 teaspoons oil and onion; stir often until onion is limp and beginning to brown, 2 to 3 minutes.
- Add flour and stir to coat onion.
- Add fig mixture and stir until boiling.
- Return chicken to pan. Cover and simmer over low heat until chicken is no longer pink in center of thickest part (cut to test), 5 to 7 minutes.

- With tongs, transfer chicken to plates. Stir sherry into sauce. If desired for a smoother sauce, pour through a fine strainer into a bowl. Spoon sauce equally over chicken, then drizzle each portion with 1 tablespoon vinegar.
- Sprinkle with chives and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:11.11, Inflammation Score:-6, Nutrition Score:16.176956498105%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.67mg, Quercetin: 15.67mg, Quercetin: 15.67mg, Quercetin: 15.67mg

Nutrients (% of daily need)

Calories: 282.24kcal (14.11%), Fat: 7.11g (10.94%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 21.41g (7.79%), Sugar: 17.35g (19.27%), Cholesterol: 72.57mg (24.19%), Sodium: 565.5mg (24.59%), Alcohol: 2.06g (100%), Alcohol %: 0.76% (100%), Protein: 26.08g (52.16%), Vitamin B3: 12.68mg (63.41%), Selenium: 39.81µg (56.87%), Vitamin B6: 1.02mg (51.21%), Phosphorus: 286.74mg (28.67%), Potassium: 740.49mg (21.16%), Vitamin B5: 2mg (20.03%), Magnesium: 56.72mg (14.18%), Fiber: 3.48g (13.94%), Manganese: 0.28mg (13.77%), Vitamin B2: 0.19mg (11.43%), Vitamin B1: 0.17mg (11.29%), Vitamin C: 7.78mg (9.43%), Vitamin K: 8.33µg (7.93%), Iron: 1.32mg (7.31%), Copper: 0.13mg (6.67%), Zinc: 0.99mg (6.59%), Folate: 25.87µg (6.47%), Calcium: 59.57mg (5.96%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.84mg (5.61%), Vitamin A: 185.34IU (3.71%)