



Chicken with Figs in a Port Wine Sauce

READY IN



40 min.

SERVINGS



5

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.5 cup chicken stock see
- 6 figs dried (stems removed)
- 0.5 cup cooking wine dry white
- 0.5 cup flour for dredging
- 2 tablespoons heavy cream
- 0.3 cup port wine
- 5 chicken breast halves boneless skinless

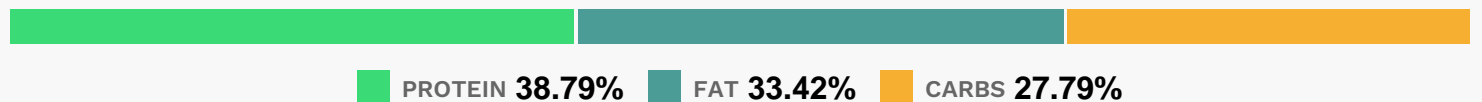
Equipment

- frying pan
- whisk
- aluminum foil

Directions

- Place the flour in a shallow dish. Dredge the chicken breasts in the flour.
- Melt the butter in a large skillet over medium-high heat. Cook the chicken in the preheated skillet until golden brown, about 2 minutes per side.
- Pour the port, white wine, and chicken stock over the chicken, and scatter the figs around the skillet.
- Bring the liquid to a boil and reduce heat to low, simmer until chicken is fully cooked, about 15 minutes.
- Remove the chicken from the skillet and cover with foil.
- Bring the sauce in the skillet to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 5 minutes.
- Whisk in the cream and pour over the chicken to serve.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:8.61, Inflammation Score:-5, Nutrition Score:14.258260799491%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 11.39mg, Malvidin: 11.39mg, Malvidin: 11.39mg, Malvidin: 11.39mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 306.3kcal (15.31%), Fat: 10.13g (15.59%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.68g (6.43%), Sugar: 6.35g (7.06%), Cholesterol: 91.86mg (30.62%), Sodium: 206.52mg (8.98%), Alcohol: 4.31g (100%), Alcohol %: 2.64% (100%), Protein: 26.46g (52.92%), Vitamin B3: 13.02mg (65.1%), Selenium: 41.3µg (59%), Vitamin B6: 0.89mg (44.55%), Phosphorus: 273.94mg (27.39%), Vitamin B5: 1.74mg (17.43%), Potassium: 557.08mg (15.92%), Vitamin B2: 0.22mg (13.06%), Vitamin B1: 0.19mg (12.79%), Magnesium: 43.63mg (10.91%), Manganese: 0.19mg (9.68%), Folate: 30.11µg (7.53%), Iron: 1.34mg (7.47%), Zinc: 0.9mg (5.98%), Vitamin A: 263.72IU (5.27%), Fiber: 1.28g (5.11%), Copper: 0.1mg (4.8%), Vitamin B12: 0.25µg (4.09%), Calcium: 32.22mg (3.22%), Vitamin E: 0.45mg (2.99%), Vitamin K: 2.49µg (2.37%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.21µg (1.39%)