



## Chicken with Fresh Herbs and Sherry Wine Vinegar

 **Gluten Free**  **Low Fod Map**

READY IN



**15 min.**

SERVINGS



**4**

CALORIES



**483 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 pounds chicken breast halves boneless with skin, each quartered
- 2 tablespoons butter unsalted diced chilled
- 1 tablespoon dijon mustard
- 0.5 cup flat parsley fresh italian assorted chopped (such as parsley, oregano, and tarragon)
- 6 tablespoons olive oil
- 1 teaspoon salt
- 0.3 cup sherry vinegar

0.3 cup wine dry white dry

## Equipment

bowl

baking sheet

whisk

broiler

## Directions

Whisk first 5 ingredients in large bowl.

Add chicken; turn to coat.

Preheat broiler. Arrange chicken, skin side down, on large rimmed baking sheet.

Pour marinade over; broil 4 minutes. Turn chicken. Broil until cooked through and skin is browned, about 6 minutes.

Transfer chicken to platter.

Add vermouth and cold butter to juices on sheet.

Place sheet over 2 burners on medium heat. Cook until sauce is reduced to 1/2 cup, scraping up browned bits, about 2 minutes.

Pour warm sauce over chicken.

## Nutrition Facts

 **PROTEIN 36.8%**  **FAT 62.23%**  **CARBS 0.97%**

## Properties

Glycemic Index:19.75, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:26.057825840038%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.11mg

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 483.13kcal (24.16%), Fat: 32g (49.24%), Saturated Fat: 7.64g (47.74%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.27g (0.29%), Cholesterol: 142.06mg (47.35%), Sodium: 860.55mg (37.42%), Alcohol: 1.54g (100%), Alcohol %: 0.71% (100%), Protein: 42.59g (85.18%), Vitamin K: 136.65µg (130.14%), Vitamin B3: 20.84mg (104.18%), Selenium: 64.87µg (92.67%), Vitamin B6: 1.5mg (75.17%), Phosphorus: 431.11mg (43.11%), Vitamin B5: 2.88mg (28.84%), Vitamin E: 3.63mg (24.22%), Potassium: 801.86mg (22.91%), Vitamin A: 868.93IU (17.38%), Vitamin C: 12.47mg (15.12%), Magnesium: 59.6mg (14.9%), Vitamin B2: 0.21mg (12.52%), Vitamin B1: 0.14mg (9.44%), Zinc: 1.29mg (8.58%), Iron: 1.51mg (8.41%), Vitamin B12: 0.41µg (6.81%), Folate: 19.96µg (4.99%), Manganese: 0.09mg (4.29%), Copper: 0.07mg (3.58%), Calcium: 27.43mg (2.74%), Vitamin D: 0.3µg (2.02%), Fiber: 0.41g (1.63%)