



Chicken with Goat Cheese Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 ounces goat cheese log-style soft
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 4 thyme sprigs

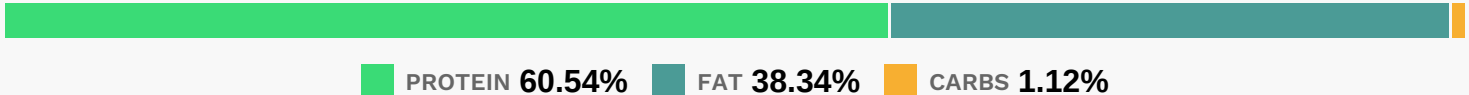
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add chicken; cook 6 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add wine to pan; bring to a boil, scraping pan to loosen browned bits. Cook until mixture is reduced to 1 tablespoon (about 1 minute).
- ☐ Add broth and thyme sprigs; cook until mixture is reduced to 1/2 cup (about 5 minutes).
- ☐ Remove from heat; discard thyme sprigs.
- ☐ Add cheese to pan; stir with a whisk until smooth.
- ☐ Serve sauce over chicken; sprinkle with thyme leaves.
- ☐ Wine note: While a wine lover might ask which wine goes best with chicken, in this dish, it's the goat cheese sauce, more than the chicken breasts, that deserves most of your pairing attention. Goat cheese is an ideal partner for sauvignon blanc. Both goat cheese and the sauvignon blanc have clean, fresh, tangy, earthy flavors, so the food and wine mirror each other. A sauvignon blanc I love for the flavor: Tin Roof Sauvignon Blanc from the North Coast of California--about \$ --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:18.3991301889%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg

Nutrients (% of daily need)

Calories: 272.52kcal (13.63%), Fat: 11.02g (16.95%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.28g (0.32%), Cholesterol: 115.38mg (38.46%), Sodium: 627.46mg (27.28%), Alcohol: 0.77g (100%), Alcohol %: 0.39% (100%), Protein: 39.14g (78.29%), Vitamin B3: 18.16mg (90.78%), Selenium: 56.09µg (80.13%), Vitamin B6: 1.33mg (66.34%), Phosphorus: 402.87mg (40.29%), Vitamin B5: 2.6mg (26%), Potassium: 666.22mg (19.03%), Vitamin B2: 0.24mg (14.37%), Magnesium: 50.43mg (12.61%), Copper: 0.17mg (8.54%), Vitamin B1: 0.12mg (8.27%), Vitamin B12: 0.48µg (8.01%), Zinc: 1.17mg (7.78%), Iron: 1.27mg (7.08%), Vitamin E: 0.96mg (6.42%), Vitamin C: 4.44mg (5.39%), Vitamin A: 269.4IU (5.39%), Manganese: 0.1mg (4.84%), Calcium: 38.01mg (3.8%), Vitamin K: 3.33µg (3.17%), Folate: 9.84µg (2.46%), Vitamin D: 0.23µg (1.51%)