



Chicken with Green Peppercorn Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.7 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon peppercorns green crushed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

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24 ounce chicken breast halves boneless skinless

Equipment

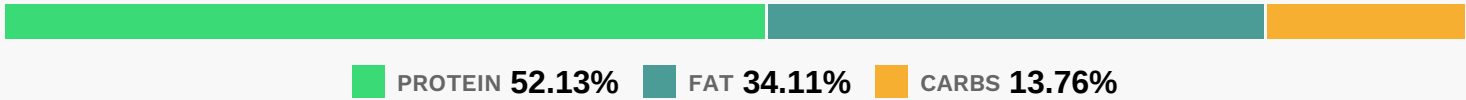
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frying pan

Directions

- ☐
- Combine flour and paprika in a shallow dish.
- ☐
- Sprinkle chicken with salt. Dredge chicken in flour mixture.
- ☐
- Heat oil in a large nonstick skillet over medium heat.
- ☐
- Add chicken to pan; cook 5 minutes on each side or until done.
- ☐
- Remove chicken from pan; keep warm.
- ☐
- Increase heat to medium-high.
- ☐
- Add shallots to pan; saut 1 minute. Stir in wine, broth, and peppercorns; bring to a boil. Cook until reduced to 1/4 cup (about 7 minutes).
- ☐
- Remove from heat; stir in butter.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:5.08, Inflammation Score:-5, Nutrition Score:18.881304528402%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 324.87kcal (16.24%), Fat: 10.92g (16.79%), Saturated Fat: 3.27g (20.42%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 9.13g (3.32%), Sugar: 1.64g (1.82%), Cholesterol: 116.39mg (38.8%), Sodium: 706.93mg (30.74%), Alcohol: 4.12g (100%), Alcohol %: 1.92% (100%), Protein: 37.53g (75.07%), Vitamin B3: 18.46mg (92.3%), Selenium: 57.97µg (82.82%), Vitamin B6: 1.36mg (67.9%), Phosphorus: 386.46mg (38.65%), Vitamin B5: 2.56mg (25.63%),

Potassium: 730.65mg (20.88%), Magnesium: 53.86mg (13.46%), Vitamin B2: 0.23mg (13.4%), Vitamin B1: 0.18mg (12.27%), Manganese: 0.18mg (8.83%), Zinc: 1.17mg (7.79%), Iron: 1.39mg (7.74%), Folate: 27.04µg (6.76%), Vitamin B12: 0.4µg (6.71%), Vitamin E: 0.99mg (6.61%), Vitamin A: 262.22IU (5.24%), Copper: 0.08mg (3.96%), Vitamin C: 3.23mg (3.91%), Fiber: 0.77g (3.09%), Vitamin K: 3.19µg (3.04%), Calcium: 21.51mg (2.15%), Vitamin D: 0.17µg (1.13%)