



Chicken with Italian Sweet-Sour Fennel



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 16 ounce chicken cutlets
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 small fennel bulb with stalks
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 1 tablespoon pinenuts toasted
- ☐ 0.3 cup raisins
- ☐ 2 teaspoons red wine vinegar

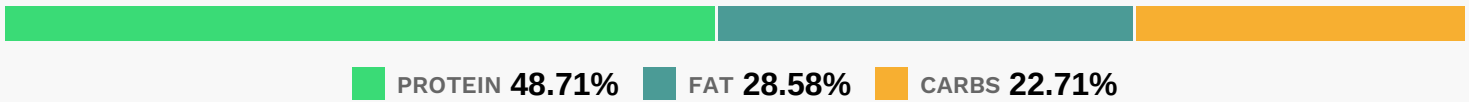
Equipment

- ☐ frying pan

Directions

- ☐ Mince 1 tablespoon fennel fronds. Thinly slice bulb to measure 2 cups (discard core).
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt, rosemary, and pepper.
- ☐ Add chicken to pan; cook 3 minutes on each side or until done.
- ☐ Remove from pan.
- ☐ Add fennel bulb to pan; saut 1 minute. Stir in wine.
- ☐ Add 1/4 teaspoon salt, broth, raisins, and vinegar; cover and cook 4 minutes or until fennel is tender. Return chicken to pan.
- ☐ Sprinkle with nuts and fennel fronds.

Nutrition Facts



Properties

Glycemic Index:55.2, Glycemic Load:5, Inflammation Score:-4, Nutrition Score:16.639130571614%

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 Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 224.68kcal (11.23%), Fat: 6.82g (10.49%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 9.63g (3.5%), Sugar: 2.53g (2.82%), Cholesterol: 72.57mg (24.19%), Sodium: 538.75mg (23.42%), Alcohol: 1.54g (100%), Alcohol %: 0.79% (100%), Protein: 26.15g (52.29%), Vitamin B3: 12.43mg (62.15%), Selenium: 36.79µg (52.56%), Vitamin B6: 0.9mg (45.22%), Vitamin K: 39.78µg (37.89%), Phosphorus: 291.66mg (29.17%), Potassium: 854.94mg (24.43%), Manganese: 0.41mg (20.43%), Vitamin B5: 1.77mg (17.72%), Magnesium: 50.27mg (12.57%), Vitamin C: 8.91mg (10.8%), Fiber: 2.56g (10.24%), Vitamin B2: 0.16mg (9.22%), Iron: 1.3mg (7.23%), Vitamin E: 1.08mg (7.18%), Copper: 0.13mg (6.62%), Vitamin B1: 0.1mg (6.57%), Zinc: 0.97mg (6.49%), Folate: 21.66µg (5.42%), Calcium: 39.69mg (3.97%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 114.21IU (2.28%)