



Chicken with Lemon Artichoke Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 teaspoons apple juice
- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup heavy whipping cream
- ☐ 8 teaspoons juice of lemon

- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 20 ounce chicken breast halves boneless skinless
- ☐ 6 fluid ounces white wine

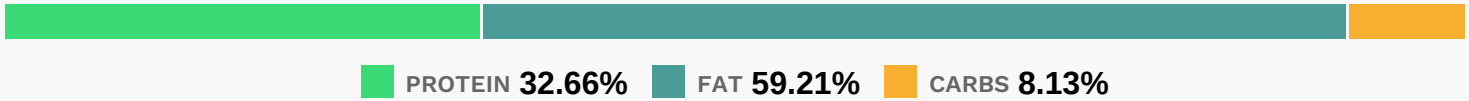
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Season chicken breast halves with salt and pepper.
- ☐ Heat oil and butter in a large skillet over medium-high heat. Fry chicken breasts in the hot skillet in batches until chicken is no longer pink in the center and juices run clear, about 5 minutes per side.
- ☐ Remove chicken from the skillet and keep warm.
- ☐ Stir white wine into the skillet, scraping any browned bits off the bottom.
- ☐ Whisk chicken broth, apple juice, lemon juice, Parmesan cheese, and parsley in wine; simmer until liquid is reduced by half, about 10 minutes.
- ☐ Add heavy cream and whisk until sauce is smooth. Stir artichoke hearts into cream sauce; continue to cook until heated through, about 5 minutes.
- ☐ Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:18.066086872764%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.62mg,

Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 451.7kcal (22.58%), Fat: 27.14g (41.75%), Saturated Fat: 10.26g (64.11%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 6.74g (2.45%), Sugar: 3.11g (3.45%), Cholesterol: 129.19mg (43.06%), Sodium: 910.66mg (39.59%), Alcohol: 4.57g (100%), Alcohol %: 1.43% (100%), Protein: 33.68g (67.36%), Vitamin B3: 15.01mg (75.04%), Selenium: 48.37µg (69.1%), Vitamin B6: 1.1mg (55.1%), Phosphorus: 360.17mg (36.02%), Vitamin K: 24.42µg (23.26%), Vitamin B5: 2.13mg (21.34%), Potassium: 621.22mg (17.75%), Vitamin E: 2.16mg (14.4%), Vitamin B2: 0.24mg (14.08%), Magnesium: 47.02mg (11.75%), Vitamin A: 576.84IU (11.54%), Vitamin C: 7.08mg (8.58%), Calcium: 83.5mg (8.35%), Zinc: 1.25mg (8.32%), Vitamin B1: 0.12mg (7.72%), Vitamin B12: 0.42µg (6.92%), Fiber: 1.64g (6.55%), Manganese: 0.13mg (6.43%), Iron: 0.88mg (4.89%), Copper: 0.06mg (2.93%), Vitamin D: 0.41µg (2.74%), Folate: 10.83µg (2.71%)