



Chicken with Port Wine Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 1 teaspoon paprika
- ☐ 0.3 cup port sweet
- ☐ 0.5 teaspoon salt

☐ 24 ounce chicken breast halves boneless skinless

Equipment

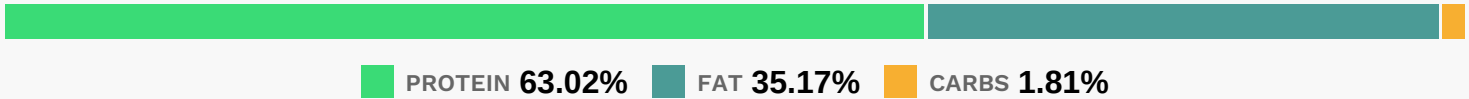
☐ frying pan

☐ sauce pan

Directions

- ☐ To prepare chicken, heat a large nonstick skillet over medium-high heat.
- ☐ Combine paprika, thyme, salt, and pepper; rub evenly over chicken. Lightly coat pan with cooking spray.
- ☐ Add the chicken to pan; cook 4 minutes on each side or until done.
- ☐ To prepare sauce, combine port and broth in a small saucepan; bring to a boil. Reduce heat; simmer 3 minutes or until reduced to 1/4 cup.
- ☐ Remove from heat; stir in butter until melted. Spoon sauce over chicken, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:18.020869498668%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg,

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Nutrients (% of daily need)

Calories: 259.76kcal (12.99%), Fat: 9.39g (14.45%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.21g (0.23%), Cholesterol: 121.7mg (40.57%), Sodium: 651.14mg (28.31%), Alcohol: 1.59g (100%), Alcohol %: 0.95% (100%), Protein: 37.85g (75.7%), Vitamin B3: 17.99mg (89.96%), Selenium: 55.89µg (79.84%), Vitamin B6: 1.31mg (65.44%), Phosphorus: 392.75mg (39.28%), Vitamin B5: 2.59mg (25.86%), Potassium: 686.81mg (19.62%), Vitamin B2: 0.21mg (12.55%), Magnesium: 49.53mg (12.38%), Vitamin A: 449.32IU (8.99%), Zinc: 1.24mg (8.28%), Vitamin B1: 0.12mg (7.73%), Vitamin B12: 0.46µg (7.68%), Iron: 1.17mg (6.5%), Calcium: 55.14mg (5.51%), Vitamin K: 5.71µg (5.44%), Manganese: 0.09mg (4.59%), Vitamin E: 0.59mg (3.92%), Copper: 0.06mg (3.04%), Folate: 10.7µg (2.68%), Vitamin C: 2.17mg (2.63%), Vitamin D: 0.21µg (1.37%), Fiber: 0.3g (1.19%)