



Chicken with Shallots

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter unsalted diced at room temperature
- ☐ 3 tablespoons canola oil
- ☐ 24 ounces chicken breasts boneless
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons heavy cream
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon freshly squeezed 3 lemons
- ☐ 0.3 cup shallots minced 1 large

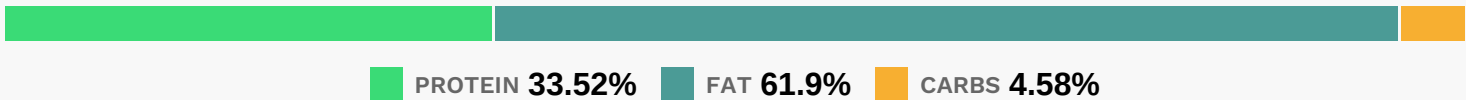
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees.
- ☐ Pat the chicken breasts dry with paper towels and sprinkle them generously on both sides with salt and pepper. In a 12-inch cast-iron skillet, heat the oil over medium-high heat for 2 minutes, until it begins to smoke.
- ☐ Place the chicken breasts, skin side down, in the skillet and cook for 4 to 5 minutes without moving, until golden brown.
- ☐ Using tongs, turn the chicken breasts skin side up, place the skillet in the oven, and roast for 12 to 15 minutes, until the chicken is cooked through.
- ☐ Meanwhile, in a medium saute pan, combine the white wine, lemon juice, and shallots and cook over medium-high heat for about 5 minutes, until only 2 tablespoons of liquid remain in the pan. If it reduces too much, add an extra splash of white wine or water.
- ☐ Add the cream, 1 teaspoon salt, and 1/4 teaspoon pepper and bring to a full boil.
- ☐ Remove from the heat, add the diced butter, and swirl the pan until the butter is incorporated. Don't reheat or the sauce will "break"!
- ☐ Sprinkle with salt and serve the chicken hot with the sauce spooned over it.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:19.456086770348%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 465.33kcal (23.27%), Fat: 30.39g (46.75%), Saturated Fat: 11.53g (72.05%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.5g (1.64%), Sugar: 2.3g (2.56%), Cholesterol: 151.67mg (50.56%), Sodium: 205.39mg (8.93%), Alcohol: 3.09g (100%), Alcohol %: 1.44% (100%), Protein: 37.02g (74.04%), Vitamin B3: 17.84mg (89.18%), Selenium: 55.14µg (78.77%), Vitamin B6: 1.35mg (67.7%), Phosphorus: 383.15mg (38.31%), Vitamin B5: 2.55mg (25.52%), Potassium: 736.37mg (21.04%), Vitamin E: 2.63mg (17.51%), Vitamin C: 11.16mg (13.53%), Magnesium: 52.79mg (13.2%), Vitamin B2: 0.21mg (12.16%), Vitamin A: 568.62IU (11.37%), Vitamin K: 9.57µg (9.11%), Vitamin B1: 0.13mg (8.48%), Zinc: 1.13mg (7.55%), Vitamin B12: 0.38µg (6.37%), Manganese: 0.12mg (5.98%), Iron: 0.93mg (5.15%), Folate: 17.08µg (4.27%), Vitamin D: 0.56µg (3.73%), Copper: 0.07mg (3.41%), Calcium: 29.12mg (2.91%), Fiber: 0.56g (2.24%)