



Chicken with Tomato-Vinegar Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 32 ounce chicken breast halves bone-in skinless
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 15 garlic cloves
- ☐ 1 teaspoon fines herbes
- ☐ 1 cup red wine vinegar
- ☐ 2 cups tomatoes peeled coarsely chopped
- ☐ 2 tablespoons no-salt-added tomato paste

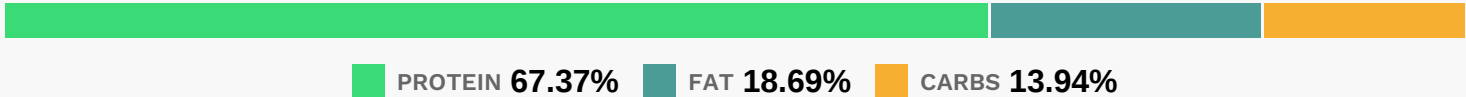
Equipment

☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a medium saucepan; stir well. Cover and simmer over medium-low heat 20 minutes.
- ☐ Add chicken, fines herbes, and bay leaf. Cover and simmer 25 minutes or until chicken is tender.
- ☐ Transfer chicken to a serving platter, and keep warm.
- ☐ Bring tomato mixture to a boil; cook, uncovered, over medium heat 20 minutes or until mixture is reduced to 1 1/3 cups.
- ☐ Remove and discard bay leaf and, if desired, garlic.
- ☐ Spoon tomato mixture over chicken.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:26.92565207896%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 316.09kcal (15.8%), Fat: 6.22g (9.56%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 8.57g (3.12%), Sugar: 4.01g (4.46%), Cholesterol: 145.15mg (48.38%), Sodium: 678.8mg (29.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.42g (100.85%), Vitamin B3: 25.08mg (125.42%), Selenium: 75.66µg (108.09%), Vitamin B6: 2mg (99.82%), Phosphorus: 532.92mg (53.29%), Potassium: 1229.22mg (35.12%), Vitamin B5: 3.5mg (35.03%), Vitamin C: 19.58mg (23.73%), Magnesium: 81.74mg (20.43%), Manganese: 0.39mg

(19.63%), Vitamin B2: 0.33mg (19.26%), Iron: 3.08mg (17.12%), Vitamin B1: 0.23mg (15.38%), Zinc: 1.71mg (11.38%), Copper: 0.22mg (11.16%), Vitamin E: 1.62mg (10.79%), Vitamin B12: 0.54µg (8.98%), Vitamin K: 9.32µg (8.88%), Calcium: 82mg (8.2%), Fiber: 1.86g (7.45%), Vitamin A: 342.5IU (6.85%), Folate: 21.13µg (5.28%), Vitamin D: 0.23µg (1.51%)