



Chicken with White Wine and Artichokes

READY IN



30 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz artichoke hearts rinsed drained quartered canned
- 1 pound chicken cutlets thin
- 0.3 cup flour all-purpose
- 4 servings salt and pepper
- 3 tablespoons butter unsalted
- 2 tablespoons vegetable oil
- 0.8 cup white wine

Equipment

- frying pan
- oven
- wooden spoon
- aluminum foil

Directions

- Preheat oven to 200F.
- Sprinkle chicken with salt and pepper and dredge in flour.
- Heat 1 Tbsp. butter and 1 Tbsp. vegetable oil in a large skillet over medium-high heat until butter foams.
- Add half of chicken cutlets and cook without moving until browned, about 3 minutes. Turn and cook until firm and browned on both sides, another 3 minutes.
- Transfer to a plate, loosely cover with foil and place in oven to keep warm.
- Add another Tbsp. butter and another Tbsp. oil to skillet and repeat with remaining chicken cutlets.
- Add to platter, re-cover and keep warm in oven.
- Add wine to empty skillet and bring to a boil, scraping up browned bits from bottom of pan with a wooden spoon. Boil, stirring occasionally, until thickened, about 5 minutes. Stir in artichokes and heat through, about 2 minutes.
- Remove from heat and swirl in remaining Tbsp. butter. Season with salt and pepper.
- Pour sauce over chicken and serve immediately.

Nutrition Facts

 **PROTEIN 33.05%**  **FAT 52.9%**  **CARBS 14.05%**

Properties

Glycemic Index:22.5, Glycemic Load:4.49, Inflammation Score:-5, Nutrition Score:13.47434769506%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin:

0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 352.91kcal (17.65%), Fat: 18.33g (28.2%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 9.22g (3.35%), Sugar: 1.22g (1.36%), Cholesterol: 95.15mg (31.72%), Sodium: 695.26mg (30.23%), Alcohol: 4.64g (100%), Alcohol %: 2.07% (100%), Protein: 25.77g (51.53%), Vitamin B3: 12.34mg (61.71%), Selenium: 39.09µg (55.84%), Vitamin B6: 0.88mg (43.78%), Phosphorus: 257.19mg (25.72%), Vitamin B5: 1.68mg (16.82%), Potassium: 462.44mg (13.21%), Vitamin K: 13.67µg (13.02%), Vitamin B2: 0.16mg (9.55%), Vitamin B1: 0.14mg (9.11%), Magnesium: 35.92mg (8.98%), Fiber: 1.74g (6.96%), Vitamin E: 1.02mg (6.8%), Manganese: 0.12mg (6.19%), Vitamin A: 296.41IU (5.93%), Zinc: 0.78mg (5.18%), Iron: 0.91mg (5.05%), Folate: 19.6µg (4.9%), Vitamin B12: 0.24µg (4.08%), Copper: 0.05mg (2.27%), Vitamin D: 0.27µg (1.81%), Vitamin C: 1.36mg (1.65%), Calcium: 13.53mg (1.35%)