



Chicken with White Wine, Grape Juice, and Cilantro (Pollo a la Uva Blanco con Cilantro)

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.8 cup cooking wine dry white
- ☐ 6 tablespoons cilantro leaves fresh divided finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups grapes green seedless halved
- ☐ 0.5 teaspoon ground coriander

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 1 cup onion vertically sliced
- ☐ 36 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup grape juice unsweetened white

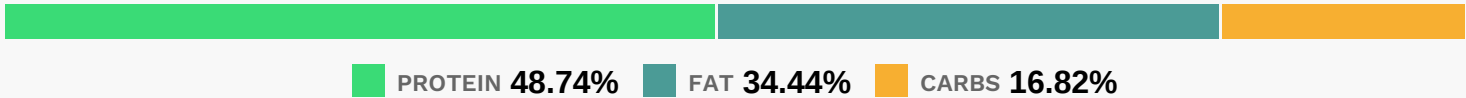
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with salt and black pepper.
- ☐ Heat oil in a 12-inch nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 2 minutes on each side or until lightly browned.
- ☐ Add onion and garlic; saut 2 minutes or until onion is tender. Stir in wine, 3 tablespoons cilantro, and next 4 ingredients (through red pepper); bring to a boil. Cover, reduce heat, and simmer 30 minutes or until chicken is done.
- ☐ Transfer chicken to a serving platter, and keep warm. Increase heat to medium-high; cook until sauce is reduced to 1 cup (about 5 minutes). Stir in grapes. Spoon sauce over chicken; sprinkle with remaining 3 tablespoons cilantro.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:3.75, Inflammation Score:-5, Nutrition Score:18.922174044277%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 1.59mg, Malvidin: 1.59mg, Malvidin: 1.59mg, Malvidin: 1.59mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg

Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 328.27kcal (16.41%), Fat: 11.58g (17.81%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.75g (4.27%), Sugar: 9.29g (10.32%), Cholesterol: 108.86mg (36.29%), Sodium: 494.09mg (21.48%), Alcohol: 3.09g (100%), Alcohol %: 1.36% (100%), Protein: 36.87g (73.75%), Vitamin B3: 17.92mg (89.62%), Selenium: 54.85µg (78.35%), Vitamin B6: 1.37mg (68.66%), Phosphorus: 382.99mg (38.3%), Vitamin B5: 2.51mg (25.05%), Potassium: 788.32mg (22.52%), Magnesium: 55.35mg (13.84%), Vitamin B2: 0.21mg (12.57%), Vitamin K: 11.77µg (11.21%), Vitamin B1: 0.15mg (10.3%), Vitamin E: 1.45mg (9.69%), Manganese: 0.19mg (9.36%), Zinc: 1.13mg (7.56%), Vitamin C: 5.7mg (6.91%), Iron: 1.1mg (6.13%), Copper: 0.12mg (5.79%), Vitamin B12: 0.34µg (5.67%), Fiber: 0.97g (3.89%), Folate: 13.24µg (3.31%), Calcium: 27.4mg (2.74%), Vitamin A: 130.68IU (2.61%), Vitamin D: 0.17µg (1.13%)