



Chicken with White Wine Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 packets flavor concentrated chicken broth swanson®
- 1 cup cooking wine dry white
- 1 tablespoon thyme leaves fresh chopped
- 1 tablespoon olive oil
- 1 shallots minced
- 1.3 pounds chicken breast halves boneless skinless

Equipment

- frying pan

Directions

- Heat the oil in a 10-inch skillet over medium heat.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Remove the chicken from the skillet.
- Add the shallot and thyme to the skillet and cook and stir for 30 seconds. Stir in the wine and cook for 2 minutes or until the mixture is reduced by half. Stir in the concentrated broth. Return the chicken to the skillet. Cook for 5 minutes or until the chicken is cooked through.

Nutrition Facts

PROTEIN 61.21% **FAT 32.66%** **CARBS 6.13%**

Properties

Glycemic Index:22.5, Glycemic Load:0.57, Inflammation Score:-9, Nutrition Score:14.905652147272%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 248.03kcal (12.4%), Fat: 7.21g (11.09%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.6g (0.94%), Sugar: 1.07g (1.19%), Cholesterol: 90.73mg (30.24%), Sodium: 170.26mg (7.4%), Alcohol: 6.18g (100%), Alcohol %: 3.66% (100%), Protein: 30.39g (60.78%), Vitamin B3: 14.89mg (74.47%), Selenium: 45.5µg (64.99%), Vitamin B6: 1.12mg (55.97%), Phosphorus: 314.1mg (31.41%), Vitamin B5: 2.07mg (20.72%), Potassium: 598.72mg (17.11%), Magnesium: 46.97mg (11.74%), Vitamin B2: 0.16mg (9.44%), Manganese: 0.14mg (7%), Vitamin B1: 0.1mg (6.56%), Zinc: 0.95mg (6.34%), Vitamin C: 5mg (6.06%), Iron: 1.09mg (6.04%), Vitamin E: 0.78mg (5.17%), Vitamin B12: 0.28µg (4.73%), Copper: 0.06mg (2.8%), Vitamin K: 2.68µg (2.55%), Vitamin A: 125.93IU (2.52%), Folate: 9.18µg (2.3%), Calcium: 21.94mg (2.19%), Fiber: 0.44g (1.78%)