



Dinner Tonight: Provencal Sauteed Chicken with Rosemary and Garlic

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.8 cup chicken broth
- ☐ 2 pound chicken pieces cut into serving pieces
- ☐ 0.5 cup wine dry white
- ☐ 2 teaspoons rosemary leaves fresh
- ☐ 2 cloves garlic peeled
- ☐ 2 tablespoons olive oil

- ☐ 4 servings salt and pepper to taste
- ☐ 2 tablespoons shallots minced

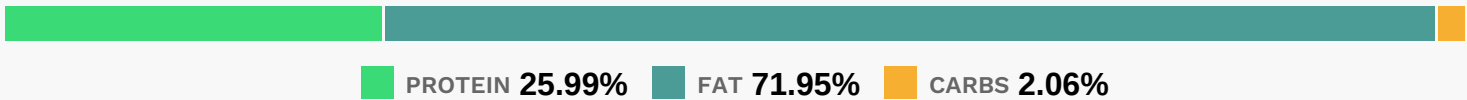
Equipment

- ☐ frying pan

Directions

- ☐ Season chicken pieces on both sides liberally with salt and pepper.
- ☐ Heat olive oil and 1 tablespoon butter over medium heat in heavy skillet large enough to hold pieces comfortably until butter foam has subsided.
- ☐ Add chicken pieces skin-side down and cook undisturbed until skin is crisp and golden brown, about 10 minutes.
- ☐ Turn chicken pieces over and add garlic and rosemary to skillet. Continue to cook for 10 more minutes.
- ☐ Remove chicken to rest and carefully remove all but a few tablespoons of fat from skillet.
- ☐ Add shallots and cook for 30 seconds, then add wine and chicken broth. Scrape up pan juices from surface and reduce sauce by half.
- ☐ Return chicken pieces to pan skin-side up and cook, covered, until chicken is cooked through.
- ☐ Add remaining tablespoon of butter to skillet to finish sauce.
- ☐ Serve chicken immediately with sauce draped around it.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:11.903478127459%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 476.79kcal (23.84%), Fat: 36.01g (55.4%), Saturated Fat: 11.22g (70.13%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.89g (0.99%), Cholesterol: 131.6mg (43.87%), Sodium: 512.73mg (22.29%), Alcohol: 3.09g (100%), Alcohol %: 1.57% (100%), Protein: 29.27g (58.54%), Vitamin B3: 10.64mg (53.21%), Selenium: 22.76µg (32.51%), Vitamin B6: 0.59mg (29.55%), Phosphorus: 240.88mg (24.09%), Vitamin B5: 1.45mg (14.52%), Zinc: 2.13mg (14.21%), Vitamin B2: 0.22mg (12.98%), Vitamin E: 1.65mg (11.03%), Potassium: 345.55mg (9.87%), Iron: 1.63mg (9.06%), Magnesium: 35.9mg (8.98%), Vitamin B12: 0.5µg (8.31%), Vitamin A: 393.52IU (7.87%), Vitamin B1: 0.11mg (7.31%), Vitamin K: 7.2µg (6.86%), Manganese: 0.13mg (6.27%), Copper: 0.09mg (4.55%), Vitamin C: 3.35mg (4.06%), Folate: 11.56µg (2.89%), Calcium: 28.02mg (2.8%), Vitamin D: 0.31µg (2.06%)