

• RELIEVE HEADACHES AND ANXIETY

• SLEEP WELL AND RESTORE YOUR ABILITY TO RELAX

• CONTROL YOUR WEIGHT

4-WEEK
DIET AND
LIFESTYLE

Dr. Lee's Red Wine Chicken Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



878 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast boneless
- ☐ 1 cup vegetable cube
- ☐ 1 cup red wine
- ☐ 2 cloves garlic mashed
- ☐ 1 cup mushrooms sliced
- ☐ 1 tbsp olive oil
- ☐ 1 cup onion sliced
- ☐ 0.3 tsp thyme leaves

☐ 0.5 cup tomatoes chopped

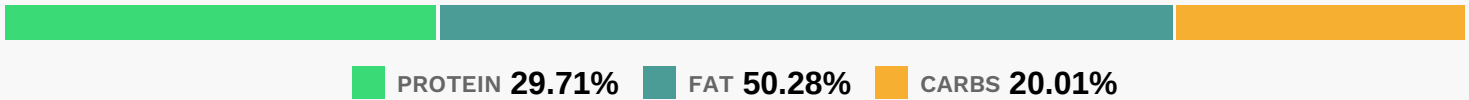
Equipment

☐ dutch oven

Directions

- ☐ In a Dutch oven at medium heat, combine olive oil and garlic and sauté briefly. Then add tomatoes and cook for five minutes.
- ☐ Add chicken breasts, onion, mushrooms, wine, chicken stock, and thyme. Lower heat and cook for 40 to 50 minutes until chicken breasts are done.
- ☐ From The Super
- ☐ Stress Solution.com

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:3.13, Inflammation Score:-8, Nutrition Score:28.426521923231%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg, Naringenin: 2.38mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg, Isorhamnetin: 4.03mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg, Quercetin: 17.76mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 877.56kcal (43.88%), Fat: 42.76g (65.79%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 38.29g (12.76%), Net Carbohydrates: 33.56g (12.21%), Sugar: 14.38g (15.97%), Cholesterol: 144.64mg (48.21%), Sodium: 20385.06mg (886.31%), Alcohol: 12.72g (100%), Alcohol %: 2.52% (100%), Protein: 56.87g (113.73%), Vitamin B3: 25.91mg (129.55%), Selenium: 77.85µg (111.21%), Vitamin B6: 1.97mg (98.72%), Phosphorus: 580.32mg (58.03%), Vitamin B5: 4.12mg (41.25%), Potassium: 1359.03mg (38.83%), Vitamin B2: 0.49mg (28.74%), Magnesium: 90.49mg (22.62%), Manganese: 0.41mg (20.62%), Vitamin C: 15.84mg (19.2%), Fiber: 4.73g (18.92%), Vitamin B1: 0.25mg (16.41%), Copper: 0.29mg (14.48%), Zinc: 1.96mg (13.1%), Iron: 2mg (11.14%), Vitamin E: 1.66mg (11.08%), Folate: 39.32µg (9.83%), Vitamin K: 8.46µg (8.06%), Vitamin B12: 0.47µg (7.85%), Vitamin A: 387.11IU (7.74%), Calcium: 50.37mg (5.04%), Vitamin D: 0.32µg (2.15%)