



## Easy Chicken with White Wine Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 packets chicken broth swanson®
- 1 cup wine dry white
- 1 tablespoon thyme sprigs 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:14.905652173913%

## 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

## Taste

Sweetness: 21.15%, Saltiness: 100%, Sourness: 33.44%, Bitterness: 26.54%, Savoriness: 72.93%, Fattiness: 60.67%, Spiciness: 0%

## 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 (34.33%), 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: 0.45g (1.78%)