



WHATSheATE



French Chicken in Vinegar Sauce with Pepper-Spiked Polenta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



133 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon brown sugar
- ☐ 0.5 cup wine dry white
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2.5 cups onion coarsely chopped
- ☐ 1 Dash pepper black
- ☐ 4 servings pepper

- ☐ 0.3 teaspoon bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 3 ounce strips.
- ☐ 3 tablespoons tomato paste
- ☐ 1 teaspoon tarragon dried fresh minced

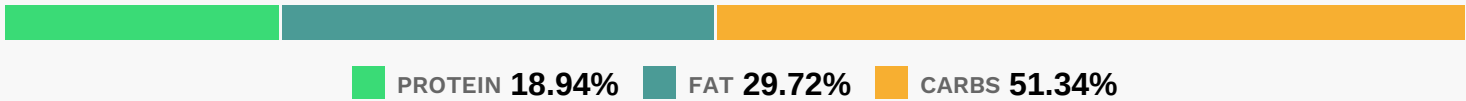
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; cook 5 minutes or until lightly browned.
- ☐ Add chicken; saut each side 3 minutes or until browned.
- ☐ Combine wine and next 8 ingredients (wine through black pepper) in a medium bowl; stir well.
- ☐ Add wine mixture to chicken mixture; cover, reduce heat, and simmer 20 minutes.
- ☐ Serve with Pepper-Spiked Polenta.
- ☐ Garnish with tarragon sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:3.83, Inflammation Score:-6, Nutrition Score:6.2778260455183%

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: 0.11mg, 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: 5.01mg,

Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 20.31mg, Quercetin: 20.31mg, Quercetin: 20.31mg, Quercetin: 20.31mg

Nutrients (% of daily need)

Calories: 132.95kcal (6.65%), Fat: 3.78g (5.81%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 12.42g (4.52%), Sugar: 7.73g (8.59%), Cholesterol: 20.84mg (6.95%), Sodium: 525.74mg (22.86%), Alcohol: 3.09g (100%), Alcohol %: 1.94% (100%), Protein: 5.42g (10.83%), Manganese: 0.27mg (13.73%), Vitamin C: 10.67mg (12.94%), Vitamin B6: 0.25mg (12.57%), Potassium: 368.18mg (10.52%), Fiber: 2.27g (9.07%), Vitamin B3: 1.71mg (8.57%), Phosphorus: 84.46mg (8.45%), Selenium: 5.8µg (8.29%), Magnesium: 25.36mg (6.34%), Iron: 1.07mg (5.94%), Folate: 23.2µg (5.8%), Copper: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.36%), Vitamin B1: 0.07mg (4.93%), Vitamin A: 232.91IU (4.66%), Calcium: 41.88mg (4.19%), Vitamin B5: 0.41mg (4.07%), Vitamin E: 0.59mg (3.91%), Zinc: 0.58mg (3.88%), Vitamin B12: 0.19µg (3.21%), Vitamin K: 2.55µg (2.43%)