



## Gourmet Raspberry Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



1418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 chicken breast halves - pounded to 1/2 inch boneless skinless
- 21 ounce chicken broth canned
- 1 tablespoon cornstarch
- 0.5 cup cranberry raspberry juice concentrate frozen
- 1 cup flour all-purpose
- 0.5 teaspoon garlic minced
- 0.3 cup olive oil
- 12 ounce raspberries frozen divided

- 2 tablespoons water cold
- 0.5 cup white wine

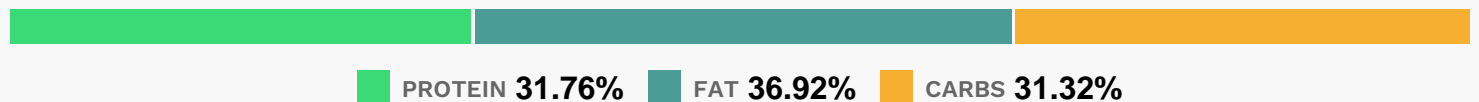
## Equipment

- frying pan
- sauce pan

## Directions

- Combine the chicken broth and garlic in a saucepan over medium-high heat. Bring to a boil, and cook until reduced by 1/2, at least 15 minutes. Stir in the cranberry raspberry concentrate, white wine, and 2/3 of the package of raspberries. Return to a boil, and boil until there is about 1/2 cup of sauce remaining, about 30 minutes. Strain the sauce, and return it to the pan.
- Mix together the cornstarch and cold water; stir into the sauce. Cook over medium heat until glossy and slightly thickened.
- Place the flour and tarragon in a small paper sack. Shake to mix.
- Place chicken breasts in the bag, and coat completely.
- Heat the olive oil in a skillet over medium heat.
- Add chicken, and cook until no longer pink, and the juices run clear. .
- Drain off excess oil, and pour the raspberry sauce into the pan. It will boil up, and then settle. Turn the chicken to coat evenly with the sauce.
- Sprinkle the remaining raspberries into the pan and cook until thawed.

## Nutrition Facts



## Properties

Glycemic Index:73, Glycemic Load:37.2, Inflammation Score:-9, Nutrition Score:48.469130153241%

## Flavonoids

Cyanidin: 77.85mg, Cyanidin: 77.85mg, Cyanidin: 77.85mg, Cyanidin: 77.85mg Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg, Petunidin: 0.53mg Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg, Delphinidin: 2.25mg Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg Pelargonidin: 1.67mg,

Pelargonidin: 1.67mg, Pelargonidin: 1.67mg, Pelargonidin: 1.67mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg, Catechin: 2.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 6.32mg, Epicatechin: 6.32mg, Epicatechin: 6.32mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 1418.29kcal (70.91%), Fat: 55.76g (85.79%), Saturated Fat: 11.19g (69.97%), Carbohydrates: 106.43g (35.48%), Net Carbohydrates: 93.52g (34.01%), Sugar: 33.35g (37.05%), Cholesterol: 221.15mg (73.72%), Sodium: 1575.94mg (68.52%), Alcohol: 6.18g (100%), Alcohol %: 0.97% (100%), Protein: 107.93g (215.85%), Selenium: 112.74µg (161.05%), Vitamin B3: 23.73mg (118.65%), Vitamin C: 73.18mg (88.7%), Manganese: 1.75mg (87.52%), Phosphorus: 824.98mg (82.5%), Vitamin B6: 1.6mg (80.06%), Zinc: 9.38mg (62.5%), Vitamin B12: 3.2µg (53.38%), Fiber: 12.91g (51.65%), Iron: 8.88mg (49.35%), Vitamin B2: 0.81mg (47.81%), Vitamin E: 6.57mg (43.82%), Vitamin B1: 0.64mg (42.36%), Folate: 161.19µg (40.3%), Magnesium: 146.52mg (36.63%), Potassium: 1272.16mg (36.35%), Vitamin K: 37.03µg (35.27%), Vitamin B5: 2.76mg (27.62%), Copper: 0.44mg (22.16%), Vitamin A: 637.04IU (12.74%), Calcium: 113.27mg (11.33%), Vitamin D: 0.41µg (2.74%)