



Herb-Garlic Chicken

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

READY IN



45 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 36 ounce skinned chicken breast halves
- 1 cup less-sodium chicken broth dry white fat-free
- 1 cup less-sodium chicken broth fat-free
- 0.5 teaspoon herbs de provence dried
- 0.5 teaspoon salt
- 2 teaspoons vegetable oil divided
- 40 garlic cloves whole peeled (5 garlic heads)

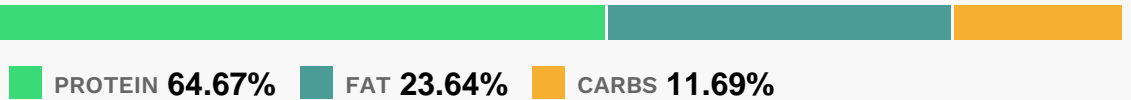
Equipment

- frying pan
- dutch oven

Directions

- Sprinkle chicken with salt and pepper.
- Heat 1 teaspoon oil in a Dutch oven over medium-high heat.
- Add half of chicken; cook 3 minutes on each side or until browned.
- Remove from pan. Repeat procedure with 1 teaspoon oil and remaining chicken.
- Add garlic to pan; cook 4 minutes or until lightly browned, stirring frequently.
- Add wine, broth, and herbes de Provence, scraping pan to loosen browned bits. Return chicken to pan; cover, reduce heat, and simmer 30 minutes or until chicken is tender.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:19.661304219909%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 240.44kcal (12.02%), Fat: 6.14g (9.45%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.36g (2.31%), Sugar: 0.32g (0.35%), Cholesterol: 108.86mg (36.29%), Sodium: 704.04mg (30.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.81g (75.62%), Vitamin B3: 18.31mg (91.54%), Selenium: 58.94µg (84.21%), Vitamin B6: 1.53mg (76.67%), Phosphorus: 396.43mg (39.64%), Vitamin B5: 2.63mg (26.35%), Potassium: 734.09mg (20.97%), Manganese: 0.39mg (19.3%), Magnesium: 50.31mg (12.58%), Vitamin B2: 0.21mg (12.26%), Vitamin B1: 0.15mg (10.31%), Vitamin C: 8.32mg (10.09%), Zinc: 1.24mg (8.27%), Vitamin B12: 0.49µg (8.19%), Iron: 1.19mg (6.6%), Copper: 0.12mg (6.1%), Calcium: 49.8mg (4.98%), Vitamin K: 5µg (4.77%), Vitamin E: 0.47mg (3.13%), Folate: 8.4µg (2.1%), Fiber: 0.47g (1.89%), Vitamin D: 0.17µg (1.13%), Vitamin A: 56.45IU (1.13%)