



Herbed Cream Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 0.3 cup wine dry white
- 0.5 cup flat parsley fresh chopped (such as flat-leaf parsley, chives, and basil)
- 0.3 cup cup heavy whipping cream
- 0.3 teaspoon kosher salt
- 0.3 cup chicken broth low-sodium
- 4 servings roasted chicken

Equipment

- frying pan
- cutting board

Directions

- After you transfer the roast chicken to a cutting board, place the pan containing the drippings over medium heat. Simmer until the liquid reduces by half.
- Add the wine and broth and cook, stirring and scraping the bottom of the pan, until the sauce thickens slightly, about 2 minutes.
- Add the cream.
- Remove from heat. Strain the sauce, if desired. Stir in the herbs, salt, and pepper. Spoon the sauce over the carved chicken.

Nutrition Facts

PROTEIN 45.47% **FAT 51.37%** **CARBS 3.16%**

Properties

Glycemic Index:19.75, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:13.509130394977%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 210.2kcal (10.51%), Fat: 11.16g (17.16%), Saturated Fat: 5g (31.24%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.66g (0.74%), Cholesterol: 80.56mg (26.85%), Sodium: 222.51mg (9.67%), Alcohol: 1.54g (100%), Alcohol %: 1.42% (100%), Protein: 22.22g (44.44%), Vitamin K: 123.74µg (117.85%), Vitamin B3: 7.03mg (35.13%), Selenium: 21.39µg (30.55%), Vitamin B6: 0.37mg (18.49%), Phosphorus: 183.5mg (18.35%), Vitamin A: 886IU (17.72%), Vitamin C: 10.06mg (12.2%), Vitamin B2: 0.17mg (9.83%), Zinc: 1.44mg (9.62%), Vitamin B5: 0.9mg (9.03%), Iron: 1.59mg (8.85%), Potassium: 275.36mg (7.87%), Magnesium: 24.51mg (6.13%), Vitamin B12: 0.29µg (4.75%), Vitamin B1: 0.06mg (4.2%), Folate: 16.42µg (4.1%), Copper: 0.07mg (3.56%), Calcium: 32.95mg (3.3%), Manganese: 0.06mg (3.02%), Vitamin D: 0.24µg (1.59%), Vitamin E: 0.19mg (1.3%), Fiber: 0.28g (1.12%)