



Mustard Cream BBQ Chicken

 **Gluten Free**

READY IN



110 min.

SERVINGS



4

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices bacon to taste
- ☐ 2 tablespoons barbeque sauce
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup cooking wine dry white divided
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 0.5 teaspoon ground rosemary dried

- ☐ 2 tablespoons heavy cream
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 teaspoons onion powder
- ☐ 1 teaspoon paprika
- ☐ 1.5 teaspoons sea salt
- ☐ 1 large chicken breast whole boneless skinless

Equipment

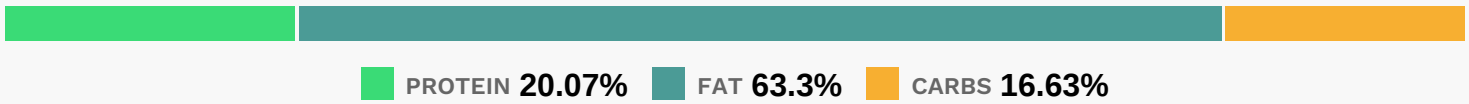
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Whisk olive oil, onion powder, sea salt, paprika, garlic powder, and black pepper together in a bowl to make the marinade.
- ☐ Place chicken in a large bowl.
- ☐ Pour marinade over the chicken. Marinate in refrigerator at least 1 hour.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Whisk Dijon mustard, heavy cream, barbeque sauce, rosemary, and garlic together in a bowl.
- ☐ Heat a large skillet over medium-high heat. Cook the bacon in the pan until browned, about 2 minutes per side.
- ☐ Remove bacon to a paper towel-lined plate, reserving bacon drippings in the skillet.
- ☐ Remove chicken from marinade, shaking to remove any excess moisture. Discard marinade.
- ☐ Cook the chicken in the bacon drippings until browned, about 3 minutes per side.
- ☐ Brush the mustard sauce over both sides of the chicken; cook another 2 minutes per side.

- ☐
- Pour about half the white wine over the chicken; allow the mixture to simmer until the wine reduces, about 10 minutes.
- ☐
- Remove chicken to a baking dish; top with the bacon and remaining white wine.
- ☐
- Bake in preheated oven until no longer pink in the center and the juices run clear, about 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐
- Remove from oven and allow to rest about 5 minutes before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:5.8813043444053%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 186.96kcal (9.35%), Fat: 11.7g (18%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.08g (2.21%), Sugar: 3.66g (4.07%), Cholesterol: 33.81mg (11.27%), Sodium: 1155.48mg (50.24%), Alcohol: 3.09g (100%), Alcohol %: 3.86% (100%), Protein: 8.35g (16.69%), Selenium: 14.59µg (20.84%), Vitamin B3: 3.58mg (17.92%), Vitamin B6: 0.31mg (15.29%), Phosphorus: 103.44mg (10.34%), Vitamin A: 395.1IU (7.9%), Manganese: 0.14mg (6.8%), Potassium: 219.98mg (6.29%), Vitamin E: 0.93mg (6.17%), Vitamin B5: 0.56mg (5.63%), Vitamin B1: 0.08mg (5.2%), Magnesium: 19.88mg (4.97%), Vitamin B2: 0.07mg (4.37%), Iron: 0.65mg (3.61%), Zinc: 0.5mg (3.36%), Fiber: 0.84g (3.36%), Vitamin K: 3.45µg (3.29%), Calcium: 24.77mg (2.48%), Copper: 0.04mg (2.16%), Vitamin B12: 0.12µg (2.06%), Vitamin D: 0.19µg (1.28%), Vitamin C: 0.84mg (1.02%)