



## One Dish Bourbon Chicken

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons chicken stock see
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breasts boneless skinless

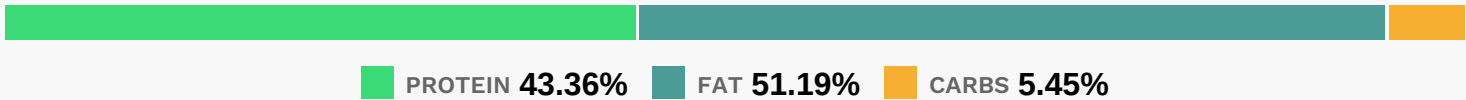
# Equipment

- ☐ frying pan
- ☐ slotted spoon

# Directions

- ☐ In a large skillet, melt butter or margarine and add olive oil.
- ☐ Saute garlic and onion until translucent.
- ☐ Remove garlic and onion from skillet with a slotted spoon.
- ☐ Add chicken breast halves to skillet and brown on both sides. Return garlic and onion to skillet.
- ☐ Add broth and bourbon and stir all together. Cover and let simmer over very low heat for 20 to 25 minutes, or until chicken is tender and done (chicken juices run clear).

# Nutrition Facts



# Properties

Glycemic Index:30.5, Glycemic Load:0.64, Inflammation Score:-4, Nutrition Score:12.078260841577%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

# Nutrients (% of daily need)

Calories: 247.94kcal (12.4%), Fat: 12.89g (19.83%), Saturated Fat: 3.44g (21.51%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.29g (1.44%), Cholesterol: 80.07mg (26.69%), Sodium: 359.54mg (15.63%), Alcohol: 2.51g (100%), Alcohol %: 1.9% (100%), Protein: 24.56g (49.12%), Vitamin B3: 11.94mg (59.72%), Selenium: 36.6µg (52.29%), Vitamin B6: 0.89mg (44.67%), Phosphorus: 249.59mg (24.96%), Vitamin B5: 1.65mg (16.52%), Potassium: 470.23mg (13.44%), Vitamin E: 1.31mg (8.75%), Magnesium: 32.69mg (8.17%), Vitamin B2: 0.13mg (7.59%), Vitamin B1: 0.09mg (5.98%), Zinc: 0.73mg (4.85%), Vitamin K: 4.82µg (4.59%), Vitamin C: 3.64mg (4.41%), Vitamin B12: 0.23µg (3.87%), Manganese: 0.07mg (3.34%), Iron: 0.55mg (3.05%), Folate: 10.25µg (2.56%), Copper:

0.05mg (2.46%), Vitamin A: 122.21IU (2.44%), Fiber: 0.48g (1.93%), Calcium: 14.59mg (1.46%)