

Pan Sauce Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SAUCE

Ingredients

- ☐ 1 cup chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 teaspoons herbs italian chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 3 tablespoons water

☐ 1 cup white wine

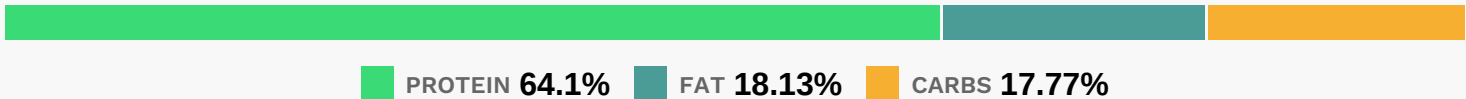
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Season chicken breasts with salt, pepper and seasoned salt. In a small bowl, combine flour and water and mix until no lumps remain and the mixture is completely smooth.
- ☐ Heat 1 tablespoon oil in a large skillet over high heat.
- ☐ Add chicken and brown for 3 to 4 minutes each side.
- ☐ Remove chicken to a plate or platter.
- ☐ Deglaze skillet with wine and broth and bring to simmer over medium low heat. When simmering, add herbs; whisk in flour mixture. Return to simmer, reduce heat to low and return chicken to skillet with juices.
- ☐ Cover skillet and simmer gently for 20 to 30 minutes, or until chicken is cooked through (no longer pink inside), turning frequently.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:3.38, Inflammation Score:-4, Nutrition Score:13.1752172864%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 205.3kcal (10.26%), Fat: 3.16g (4.86%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.32g (2.3%), Sugar: 0.89g (0.98%), Cholesterol: 73.5mg (24.5%), Sodium: 934.39mg (40.63%), Alcohol: 6.18g (100%), Alcohol %: 3.12% (100%), Protein: 25.1g (50.21%), Vitamin B3: 12.36mg (61.8%), Selenium: 38.42µg (54.89%), Vitamin B6: 0.89mg (44.5%), Phosphorus: 258.4mg (25.84%), Vitamin B5: 1.68mg (16.8%), Potassium: 493.34mg (14.1%), Manganese: 0.24mg (11.79%), Vitamin B2: 0.19mg (11.19%), Magnesium: 40.46mg (10.11%), Vitamin B1: 0.13mg (8.92%), Iron: 1.28mg (7.11%), Vitamin K: 7.11µg (6.77%), Zinc: 0.84mg (5.6%), Folate: 17.83µg (4.46%), Vitamin B12: 0.24µg (3.96%), Calcium: 32.02mg (3.2%), Copper: 0.06mg (3.09%), Vitamin E: 0.43mg (2.85%), Fiber: 0.64g (2.56%), Vitamin C: 1.38mg (1.67%), Vitamin A: 53.45IU (1.07%)