



Port And Mushroom Sauce Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



248 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup chicken stock see
- 8 mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped
- 1 sprig tarragon fresh
- 1 tablespoon olive oil
- 3.5 tablespoons port wine
- 2 tablespoons shallots minced
- 4 chicken breast halves boneless skinless

- 0.5 cup white wine
- 3 tablespoons flour whole wheat

Equipment

- frying pan

Directions

- In a deep skillet, heat oil on high. Coat chicken with flour, add to skillet, reduce heat and cook on low for 10 minutes (or until cooked through).
- Remove chicken breasts to a platter and keep warm.
- To the same skillet, add the shallots, saute for 1 minute, then add wine and heat until reduced by half.
- Add stock and heat for 5 minutes until sauce thickens.
- Meanwhile, in a small pan, saute mushrooms in a little oil.
- Add tarragon to mushrooms, then add both to the chicken and wine sauce. Cook all for 7 minutes, stir in port and cook for 5 more minutes.
- Arrange the chicken on a platter and spoon sauce over it.
- Garnish with parsley and extra thyme sprigs.
- Serve.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:16.857825994492%

Flavonoids

Petunidin: 0.87mg, Petunidin: 0.87mg, Petunidin: 0.87mg, Petunidin: 0.87mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg, Catechin: 1.53mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin:

0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 248.24kcal (12.41%), Fat: 7.1g (10.93%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 8.68g (3.16%), Sugar: 3g (3.33%), Cholesterol: 73.22mg (24.41%), Sodium: 180.31mg (7.84%), Alcohol: 5.1g (100%), Alcohol %: 2.68% (100%), Protein: 26.99g (53.98%), Vitamin B3: 14.09mg (70.46%), Selenium: 43.96µg (62.8%), Vitamin B6: 0.97mg (48.64%), Phosphorus: 310.27mg (31.03%), Vitamin B5: 2.28mg (22.77%), Potassium: 666.61mg (19.05%), Vitamin B2: 0.32mg (19.03%), Vitamin K: 19.05µg (18.15%), Manganese: 0.36mg (17.8%), Magnesium: 48.84mg (12.21%), Copper: 0.21mg (10.59%), Vitamin B1: 0.15mg (10.04%), Zinc: 1.14mg (7.58%), Iron: 1.29mg (7.14%), Vitamin E: 0.78mg (5.19%), Vitamin C: 4.24mg (5.13%), Folate: 20.02µg (5%), Fiber: 1.19g (4.77%), Vitamin B12: 0.24µg (4.03%), Vitamin A: 140.71IU (2.81%), Calcium: 22.25mg (2.22%), Vitamin D: 0.19µg (1.29%)