



Raspberry Chicken with Thyme

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 4 chicken breast halves boneless with skin
- 0.5 cup chicken stock see low-sodium canned
- 0.3 cup cooking wine dry white
- 1 teaspoon olive oil
- 1.5 cups raspberries fresh
- 4 servings salt and pepper freshly ground
- 1 shallots minced

- 1 teaspoon thyme leaves minced
- 8 thyme sprigs plus fresh
- 3 tablespoons butter unsalted cold cut into pieces

Equipment

- frying pan
- oven
- whisk
- sieve

Directions

- Press half of the raspberries through a fine stainless steel strainer; reserve the puree.
- Tuck one thyme sprig under the skin of each chicken breast, loosening the skin as little as possible. Season the chicken with salt and pepper.
- In a large, heavy, nonreactive skillet, melt 1/2 tablespoon of the butter in the oil over high heat. When the butter stops foaming, add the chicken, skin side down, and cook for 1 minute. Reduce the heat to moderate and cook until the skin is nicely browned, about 5 minutes longer. Turn the chicken and brown the second side, about 6 minutes.
- Transfer the chicken to a plate and keep warm in a low oven.
- Pour the fat from the skillet.
- Add the wine, vinegar, shallot and minced thyme to the skillet and boil over moderately high heat for 2 minutes, stirring to deglaze the pan.
- Add the chicken stock and boil until reduced to 1/4 cup, about 5 minutes. Stir in the reserved raspberry puree and cook until warmed through.
- Remove from the heat and whisk in the remaining 2 1/2 tablespoons butter.
- Slice the chicken breasts crosswise or leave them whole.
- Transfer to warmed plates and spoon the sauce on top or alongside.
- Garnish with the remaining thyme sprigs and whole raspberries and serve.

Nutrition Facts



■ PROTEIN 39.95% ■ FAT 45.58% ■ CARBS 14.47%

Properties

Glycemic Index:52.75, Glycemic Load:1.76, Inflammation Score:-10, Nutrition Score:15.675217307132%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 271.53kcal (13.58%), Fat: 12.96g (19.94%), Saturated Fat: 6.25g (39.04%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 5.78g (2.1%), Sugar: 3.91g (4.35%), Cholesterol: 94.89mg (31.63%), Sodium: 339.16mg (14.75%), Alcohol: 2.06g (100%), Alcohol %: 1.11% (100%), Protein: 25.56g (51.12%), Vitamin B3: 12.54mg (62.72%), Selenium: 36.45µg (52.07%), Vitamin B6: 0.91mg (45.73%), Phosphorus: 273.24mg (27.32%), Vitamin C: 17.65mg (21.39%), Manganese: 0.41mg (20.72%), Vitamin B5: 1.81mg (18.07%), Potassium: 573.25mg (16.38%), Fiber: 3.47g (13.9%), Magnesium: 48.06mg (12.02%), Vitamin B2: 0.16mg (9.33%), Vitamin A: 430.17IU (8.6%), Iron: 1.42mg (7.9%), Vitamin E: 1mg (6.64%), Zinc: 0.98mg (6.56%), Vitamin B1: 0.09mg (6.21%), Copper: 0.11mg (5.51%), Vitamin K: 5.2µg (4.96%), Vitamin B12: 0.27µg (4.56%), Folate: 17.74µg (4.43%), Calcium: 37.13mg (3.71%), Vitamin D: 0.27µg (1.8%)