



Red Wine Chicken

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



2

CALORIES



539 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 1 cup red wine
- ☐ 2 servings salt and pepper to taste
- ☐ 3 shallots finely chopped
- ☐ 2 chicken breast halves boneless skinless
- ☐ 0.5 cup balsamic vinaigrette salad dressing

Equipment

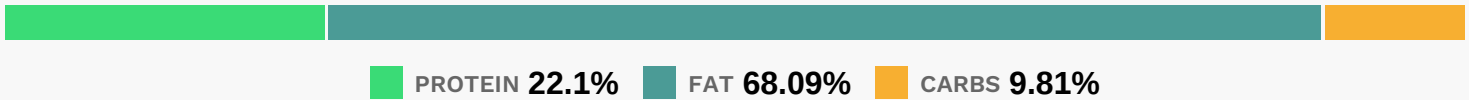
- ☐ frying pan

☐ ziploc bags

Directions

- ☐ Pour the red wine and vinaigrette into a resealable plastic bag.
- ☐ Sprinkle the chicken breasts with salt and pepper, and place into the bag. Coat the chicken with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 1 hour.
- ☐ Pour the marinade into a skillet over high-medium heat, and cook, stirring frequently, until the marinade begins to reduce and the oil separates, about 15 minutes.
- ☐ Place the chicken into the skillet and brown on both sides, about 4 minutes per side. Stir in the shallots, and cook, stirring, until translucent, about 10 minutes. Stir in the thyme leaves and cook until the sauce is reduced and the chicken is browned and no longer pink in the center, about 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:17.468695661296%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 538.95kcal (26.95%), Fat: 34.29g (52.75%), Saturated Fat: 6.34g (39.61%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 9.85g (3.58%), Sugar: 5.26g (5.84%), Cholesterol: 72.32mg (24.11%), Sodium: 334.84mg (14.56%), Alcohol: 12.72g (100%), Alcohol %: 4.83% (100%), Protein: 25.04g (50.08%), Vitamin B3: 12.14mg (60.69%), Vitamin K: 62.76µg (59.77%), Selenium: 37.85µg (54.07%), Vitamin B6: 1.05mg (52.29%), Phosphorus: 287.93mg (28.79%), Vitamin E: 3.11mg (20.74%), Potassium: 703.84mg (20.11%), Vitamin B5: 1.76mg (17.57%), Manganese: 0.29mg (14.7%), Magnesium: 52.46mg (13.11%), Vitamin B2: 0.16mg (9.41%), Iron: 1.51mg (8.38%), Vitamin B1: 0.1mg (6.74%), Zinc: 0.98mg (6.55%), Vitamin C: 5.16mg (6.25%), Fiber: 1.27g (5.08%), Folate: 18.69µg (4.67%), Copper: 0.08mg (3.98%), Vitamin B12: 0.23µg (3.77%), Calcium: 31.27mg (3.13%), Vitamin A: 61.56IU (1.23%)