



Roasted Breast of Chicken with Pinot Noir Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 3 tablespoons butter chilled cut into small pieces
- 0.3 cup flour all-purpose
- 0.5 teaspoon rosemary leaves fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 1.5 cups beef broth fat-free
- 1 tablespoon olive oil divided
- 2 cups pinot noir chocolate brownies

- 0.5 teaspoon salt divided
- 3 tablespoons shallots finely chopped
- 6 ounce chicken breast halves boneless skinless
- 0.8 teaspoon sugar

Equipment

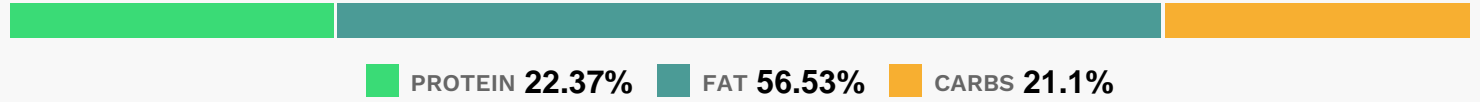
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 425
- Sprinkle thyme, 1/4 teaspoon salt, 1/4 teaspoon pepper, and rosemary evenly over chicken. Dredge chicken in flour; shake off excess flour.
- Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat.
- Add 4 chicken breast halves to pan; cook 2 minutes or until browned. Turn chicken over; cook 1 minute.
- Remove chicken from pan. Repeat procedure with remaining 1 1/2 teaspoons oil and remaining chicken. Arrange chicken in a single layer on the rack of a roasting pan coated with cooking spray; place rack in pan.
- Bake at 425 for 12 minutes or until a thermometer inserted into thickest part of chicken registers 165
- Remove from oven. Cover and let stand 10 minutes.
- Heat a medium saucepan over medium-high heat. Coat pan with cooking spray.
- Add shallots to saucepan; saut 30 seconds, stirring frequently. Stir in wine, scraping pan to loosen browned bits. Increase heat to high; bring to a boil. Cook 10 minutes or until wine is reduced to 1 cup.

- Add broth; cook 16 minutes or until broth mixture is reduced to 1/3 cup.
- Remove from heat; stir in remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and sugar. Gradually add butter, stirring constantly with a whisk until smooth.
- Serve sauce with chicken.

Nutrition Facts



Properties

Glycemic Index:39.64, Glycemic Load:2.82, Inflammation Score:-6, Nutrition Score:3.3713043727305%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 147.73kcal (7.39%), Fat: 6.61g (10.18%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 5.23g (1.9%), Sugar: 0.68g (0.76%), Cholesterol: 24.9mg (8.3%), Sodium: 286.9mg (12.47%), Alcohol: 6.14g (100%), Alcohol %: 5.5% (100%), Protein: 5.89g (11.78%), Vitamin B3: 2.47mg (12.34%), Selenium: 8.23µg (11.76%), Vitamin B6: 0.18mg (8.81%), Potassium: 191.44mg (5.47%), Phosphorus: 53.11mg (5.31%), Vitamin B5: 0.34mg (3.41%), Manganese: 0.07mg (3.29%), Vitamin A: 162.35IU (3.25%), Vitamin B1: 0.05mg (3.14%), Vitamin E: 0.42mg (2.8%), Vitamin B2: 0.05mg (2.69%), Folate: 9.68µg (2.42%), Iron: 0.42mg (2.32%), Magnesium: 8.3mg (2.08%), Vitamin C: 1.36mg (1.64%), Vitamin K: 1.71µg (1.63%), Fiber: 0.33g (1.31%), Zinc: 0.18mg (1.21%)