



Roasted Chicken Breasts and Butternut Squash with Herbed Wine Sauce

 Gluten Free  Dairy Free  Low Fod Map

READY IN



47 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 5 cups butternut squash cubed peeled () (2 1/4 pounds)
- 2 pounds chicken breast halves bone-in
- 3 tablespoons cooking wine dry white
- 1 teaspoon herbs fine
- 1 tablespoon olive oil divided
- 0.5 teaspoon salt divided

Equipment

- bowl
- frying pan
- oven
- roasting pan

Directions

- Preheat oven to 450.
- Place chicken in a large roasting pan coated with cooking spray.
- Brush chicken with 1 1/2 teaspoons olive oil; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Place squash in a large bowl.
- Drizzle with remaining olive oil, and sprinkle with fine herbs, remaining salt, and remaining pepper; toss well.
- Add squash to pan.
- Bake at 450 for 38 minutes or until chicken is done.
- Transfer chicken and squash to a serving platter; keep warm.
- Add wine to pan drippings; bring to a boil over high heat, scraping pan to loosen browned bits. Reduce heat; cook 2 minutes or until reduced to 1/4 cup.
- Place 1 chicken breast half on each of 4 plates. Spoon 1 tablespoon sauce over each chicken breast.
- Serve with squash.
- Make it Faster
- Peeling and cubing a butternut squash isn't difficult, but it will require a few extra minutes of your time. We peeled and cubed a butternut squash for this dish. To prepare this recipe even quicker, look for precubed butternut squash in the produce section of your supermarket. It may cost a little extra, but the trade-off is time saved in prepping this meal.

Nutrition Facts



■ PROTEIN 54.07% ■ FAT 23.29% ■ CARBS 22.64%

Properties

Glycemic Index:29.25, Glycemic Load:0.08, Inflammation Score:-10, Nutrition Score:33.796521985013%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

Nutrients (% of daily need)

Calories: 378.1kcal (18.9%), Fat: 9.56g (14.7%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 17.35g (6.31%), Sugar: 3.96g (4.4%), Cholesterol: 145.15mg (48.38%), Sodium: 561.45mg (24.41%), Alcohol: 1.16g (100%), Alcohol %: 0.35% (100%), Protein: 49.93g (99.87%), Vitamin A: 18673.22IU (373.46%), Vitamin B3: 25.77mg (128.85%), Selenium: 73.47µg (104.96%), Vitamin B6: 1.97mg (98.73%), Phosphorus: 536.46mg (53.65%), Vitamin C: 39.48mg (47.85%), Potassium: 1466.62mg (41.9%), Vitamin B5: 3.94mg (39.4%), Magnesium: 120.04mg (30.01%), Vitamin E: 3.46mg (23.05%), Manganese: 0.43mg (21.68%), Vitamin B1: 0.32mg (21.4%), Vitamin B2: 0.26mg (15.53%), Fiber: 3.56g (14.25%), Folate: 56.49µg (14.12%), Iron: 2.14mg (11.9%), Zinc: 1.6mg (10.64%), Calcium: 97.72mg (9.77%), Copper: 0.19mg (9.57%), Vitamin B12: 0.45µg (7.56%), Vitamin K: 5.04µg (4.8%), Vitamin D: 0.23µg (1.51%)