



Sage Apple Chicken with Brie

 Gluten Free

READY IN



530 min.

SERVINGS



2

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices brie cheese
- 1 tablespoon sage dried divided
- 0.3 cup olive oil
- 1 delicious apple red cored sliced
- 1 cup red wine
- 1 teaspoon salt divided
- 2 chicken breast halves boneless skinless

Equipment

baking sheet

oven

Directions

In a large resealable bag, combine the red wine, olive oil, 1/2 teaspoon of salt and 1/2 teaspoon sage.

Place the chicken in the bag, seal and shake to coat.

Place in the refrigerator to marinate overnight.

Preheat the oven to 400 degrees F (200 degrees C).

Place the chicken on a baking sheet. Season with the remaining sage and salt. Discard marinade.

Bake for about 25 minutes, or until chicken juices run clear.

Remove from the oven and top each piece of chicken with slices of apple and Brie cheese. Return to the oven and set it to Broil.

Broil the chicken for about 5 minutes, or until the apple and cheese are toasted.

Nutrition Facts

 PROTEIN **23.19%** FAT **66.16%** CARBS **10.65%**

Properties

Glycemic Index:37, Glycemic Load:3.86, Inflammation Score:-7, Nutrition Score:21.632173890653%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg 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: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 11.4mg, Epicatechin: 11.4mg, Epicatechin: 11.4mg, Epicatechin: 11.4mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.02mg,

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 707.01kcal (35.35%), Fat: 45.72g (70.34%), Saturated Fat: 14.21g (88.79%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.96g (5.08%), Sugar: 10.48g (11.64%), Cholesterol: 128.32mg (42.77%), Sodium: 1652.42mg (71.84%), Alcohol: 12.72g (100%), Alcohol %: 3.92% (100%), Protein: 36.06g (72.13%), Selenium: 44.56µg (63.66%), Vitamin B3: 12.41mg (62.04%), Vitamin B6: 1.11mg (55.53%), Phosphorus: 381.1mg (38.11%), Vitamin K: 37.4µg (35.61%), Vitamin E: 4.48mg (29.84%), Vitamin B2: 0.47mg (27.55%), Potassium: 764.2mg (21.83%), Vitamin B5: 2.09mg (20.88%), Vitamin B12: 1.15µg (19.17%), Magnesium: 63.84mg (15.96%), Zinc: 2.24mg (14.95%), Calcium: 141.26mg (14.13%), Manganese: 0.26mg (13.03%), Folate: 47.59µg (11.9%), Fiber: 2.59g (10.35%), Iron: 1.8mg (10.01%), Vitamin A: 475.96IU (9.52%), Vitamin B1: 0.14mg (9.37%), Vitamin C: 5.87mg (7.11%), Copper: 0.09mg (4.37%), Vitamin D: 0.39µg (2.62%)