



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

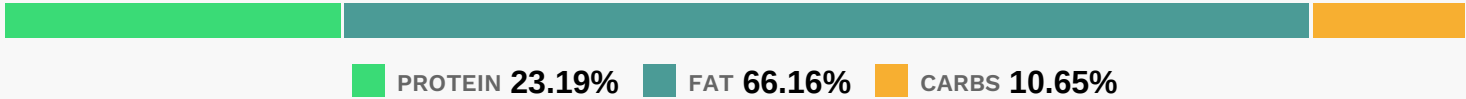
Equipment

- ☐ 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



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, 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%)