



Sautéed Chicken Breasts with Cherry-Port Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup ruby port sweet
- ☐ 0.3 cup raspberry jam seedless

- ☐ 0.5 cup onion red chopped
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

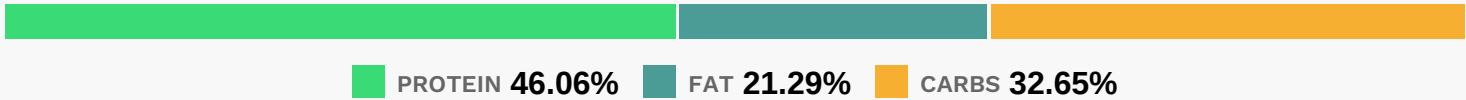
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, curry, and cinnamon; saut for 2 minutes.
- ☐ Sprinkle chicken with salt and pepper, and add to skillet. Saut for 2 minutes on each side.
- ☐ Add the port, broth, and preserves, stirring until preserves melt. Cover, reduce heat, and simmer for 10 minutes or until the chicken is done.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:8.44, Inflammation Score:-3, Nutrition Score:12.273478352505%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 233.03kcal (11.65%), Fat: 5.04g (7.75%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 17.38g (5.79%), Net Carbohydrates: 16.62g (6.04%), Sugar: 11.31g (12.57%), Cholesterol: 72.57mg (24.19%), Sodium: 343.52mg (14.94%), Alcohol: 2.12g (100%), Alcohol %: 1.4% (100%), Protein: 24.51g (49.03%), Vitamin B3: 11.99mg (59.97%), Selenium: 37.22µg (53.17%), Vitamin B6: 0.89mg (44.72%), Phosphorus: 255.28mg (25.53%), Vitamin B5: 1.67mg (16.7%), Potassium: 500.9mg (14.31%), Magnesium: 35.8mg (8.95%), Vitamin B2: 0.15mg (8.54%), Manganese: 0.13mg (6.41%), Vitamin B1: 0.09mg (5.86%), Vitamin C: 4.74mg (5.75%), Zinc: 0.75mg (5%), Iron: 0.79mg (4.37%), Vitamin B12: 0.26µg (4.25%), Vitamin E: 0.59mg (3.95%), Copper: 0.07mg (3.44%), Fiber: 0.75g (3.02%), Folate: 11.43µg (2.86%), Vitamin K: 2.08µg (1.98%), Calcium: 19.8mg (1.98%)