



Sautéed Chicken with Chardonnay Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter divided
- ☐ 1 cup chardonnay dry white
- ☐ 2 cups chicken stock see
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 cups mushrooms thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons shallots finely chopped

☐ 24 ounce chicken breast halves boneless skinless

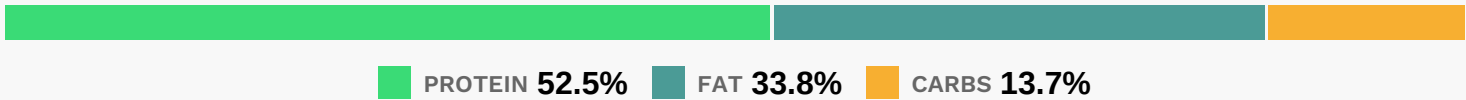
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken with salt, pepper, and flour.
- ☐ Heat 1 tablespoon butter in a large nonstick skillet over medium heat.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add mushrooms and shallots to pan; saut 5 minutes or until tender. Stir in wine, scraping pan to loosen browned bits; add stock. Bring to a boil; cook until reduced to 1 cup (about 10 minutes).
- ☐ Cut remaining 1 tablespoon butter into small pieces.
- ☐ Remove pan from heat.
- ☐ Add butter, stirring until butter melts. Spoon sauce over chicken.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:2.75, Inflammation Score:-6, Nutrition Score:23.00260882274%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 361.8kcal (18.09%), Fat: 11.71g (18.01%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 9.99g (3.63%), Sugar: 3.51g (3.9%), Cholesterol: 127.51mg (42.5%), Sodium: 565.74mg (24.6%), Alcohol: 6.18g (100%), Alcohol %: 1.94% (100%), Protein: 40.9g (81.81%), Vitamin B3: 21.26mg (106.3%), Selenium: 61.87µg (88.39%), Vitamin B6: 1.43mg (71.58%), Phosphorus: 440.7mg (44.07%), Vitamin K: 34.36µg (32.72%), Vitamin B5: 3.03mg (30.35%), Potassium: 943.43mg (26.96%), Vitamin B2: 0.45mg (26.45%), Magnesium: 61.24mg (15.31%), Vitamin B1: 0.22mg (14.46%), Copper: 0.24mg (12.05%), Zinc: 1.48mg (9.9%), Iron: 1.58mg (8.78%), Manganese: 0.17mg (8.43%), Vitamin A: 398.87IU (7.98%), Folate: 30.93µg (7.73%), Vitamin C: 6mg (7.27%), Vitamin B12: 0.37µg (6.11%), Vitamin E: 0.55mg (3.63%), Fiber: 0.68g (2.72%), Calcium: 25.62mg (2.56%), Vitamin D: 0.24µg (1.61%)