



Sautéed Chicken with Figs in Port Wine Sauce

READY IN



47 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beef broth
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 chicken breasts boneless skin on
- ☐ 1 cup calimyrna figs dried stemmed quartered
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup tawny port
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup shallots minced
- ☐ 4 servings garnish: thyme fresh
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ slotted spoon

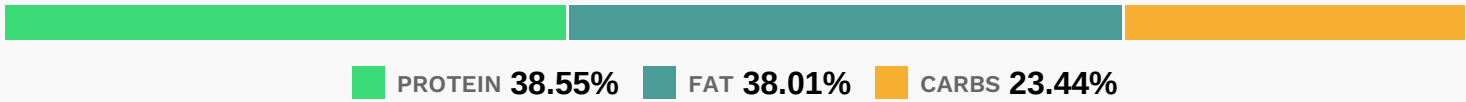
Directions

- ☐ Pat chicken dry with paper towels.
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot. Season chicken with thyme, salt, and pepper. Dredge in flour.
- ☐ Add chicken to skillet, skin side down; reduce heat to medium, and cook 16 minutes or until skin is browned. Turn and cook 5 minutes or until browned.
- ☐ Remove chicken from pan; keep warm. Discard pan drippings.
- ☐ Melt butter in skillet over medium heat.
- ☐ Add figs and shallots; saut 3 minutes or until shallots are tender.
- ☐ Add port; bring to a boil. Boil 1 minute; add beef broth, reduce heat, and simmer 3 minutes.
- ☐ Remove half of figs from skillet using a slotted spoon; keep warm with chicken. Process remaining figs and sauce in a food processor until smooth, stopping to scrape down sides as needed.
- ☐ Pour mixture through a wire-mesh strainer back into the skillet, discarding pulp and seeds. Return chicken and figs to sauce, and heat over medium-high heat 9 minutes or until chicken is done.
- ☐ Drizzle with vinegar, if desired.
- ☐ Cut chicken diagonally across the grain into thin strips.
- ☐ Serve sauce over chicken and figs.

☐

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:15.42, Inflammation Score:-9, Nutrition Score:26.705217610235%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 570.02kcal (28.5%), Fat: 22.55g (34.69%), Saturated Fat: 6.47g (40.41%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 28.22g (10.26%), Sugar: 13.57g (15.08%), Cholesterol: 159.69mg (53.23%), Sodium: 783.2mg (34.05%), Alcohol: 4.59g (100%), Alcohol %: 1.35% (100%), Protein: 51.46g (102.92%), Vitamin B3: 25.34mg (126.72%), Selenium: 78.62µg (112.31%), Vitamin B6: 1.85mg (92.4%), Phosphorus: 526.08mg (52.61%), Vitamin B5: 3.56mg (35.63%), Potassium: 1131.68mg (32.33%), Vitamin B2: 0.37mg (21.57%), Vitamin B1: 0.32mg (21.51%), Magnesium: 83.85mg (20.96%), Manganese: 0.37mg (18.34%), Vitamin E: 2.19mg (14.58%), Iron: 2.61mg (14.52%), Folate: 50.22µg (12.55%), Fiber: 3.08g (12.32%), Zinc: 1.65mg (11.02%), Vitamin C: 8.67mg (10.51%), Vitamin K: 10.45µg (9.95%), Copper: 0.17mg (8.49%), Vitamin A: 423.21IU (8.46%), Vitamin B12: 0.51µg (8.43%), Calcium: 58.26mg (5.83%), Vitamin D: 0.33µg (2.21%)