



Sautéed Chicken with Fresh Blueberry Sauce

READY IN



25 min.

SERVINGS



2

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup blueberries fresh
- 0.3 cup wine dry white
- 2 tablespoons flour
- 1 cup chicken broth reduced-sodium
- 1 tablespoon olive oil
- 2 servings bell pepper
- 2 servings salt
- 1 shallots chopped
- 2 large chicken breast halves boneless skinless (7 oz. to 8 oz. each)

- 1 pinch sugar
- 1 tablespoon butter unsalted

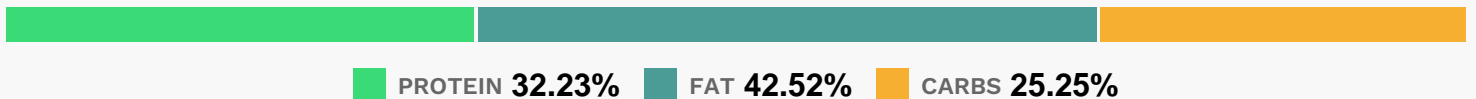
Equipment

- frying pan
- aluminum foil

Directions

- Season 2 large skinless, boneless chicken breast halves (7 oz. to 8 oz. each) with salt and pepper. Coat with 2 Tbsp. flour; shake off excess.
- In a large skillet, heat 1 Tbsp. olive oil over medium-high heat. Brown chicken, turning once, about 10 minutes.
- Transfer chicken to a plate and cover with foil.
- Add 1 chopped shallot to skillet and cook on medium heat, stirring, for 1 minute.
- Pour in 1/3 cup dry white wine and boil for 2 minutes.
- Add 1 cup reduced-sodium chicken broth and bring to a boil.
- Add 2/3 cup fresh blueberries and a pinch of sugar and simmer until reduced by half, about 3 minutes.
- Remove from heat and stir in 1 Tbsp. unsalted butter; season with salt and pepper.
- Arrange chicken on plates. Top with sauce.

Nutrition Facts



Properties

Glycemic Index:131.05, Glycemic Load:8.48, Inflammation Score:-9, Nutrition Score:25.146521785985%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.37mg, Malvidin: 33.37mg, Malvidin: 33.37mg, Malvidin: 33.37mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg

2.92mg, Catechin: 2.92mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 378.29kcal (18.91%), Fat: 16.79g (25.83%), Saturated Fat: 5.49g (34.28%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 19.08g (6.94%), Sugar: 10.09g (11.21%), Cholesterol: 87.37mg (29.12%), Sodium: 368.31mg (16.01%), Alcohol: 4.12g (100%), Alcohol %: 1.21% (100%), Protein: 28.63g (57.25%), Vitamin C: 102.5mg (124.24%), Vitamin B3: 14.85mg (74.26%), Vitamin B6: 1.17mg (58.36%), Selenium: 39.09µg (55.84%), Vitamin A: 2568.56IU (51.37%), Phosphorus: 322.47mg (32.25%), Potassium: 794.74mg (22.71%), Manganese: 0.4mg (20.07%), Vitamin B5: 2mg (20.02%), Vitamin E: 2.85mg (19.02%), Vitamin K: 18.38µg (17.51%), Vitamin B2: 0.28mg (16.47%), Folate: 60.33µg (15.08%), Fiber: 3.35g (13.4%), Vitamin B1: 0.2mg (13.3%), Magnesium: 50.88mg (12.72%), Iron: 1.77mg (9.85%), Zinc: 1.2mg (7.97%), Copper: 0.16mg (7.81%), Vitamin B12: 0.36µg (5.93%), Calcium: 29.77mg (2.98%), Vitamin D: 0.22µg (1.45%)