



Sauteed Chicken with Parsnip, Apple, and Sherry Pan Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup sherry dry
- ☐ 1 large apples i use 2 granny smith apples peeled cut into 1/2-inch pieces (1 3/4 cups)
- ☐ 4 tablespoons olive oil divided
- ☐ 1 large parsnips trimmed peeled cut into 1/2-inch pieces (1 1/2 cups)
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 teaspoons thyme sprigs fresh chopped for garnish

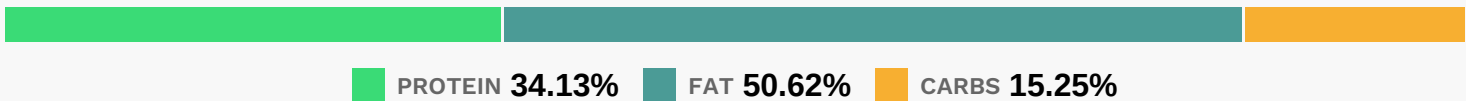
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add parsnip; sauté until beginning to brown, about 2 minutes.
- ☐ Add apple and chopped thyme; cook until parsnip and apple are tender, about 6 minutes.
- ☐ Transfer parsnip mixture to plate.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat remaining 2 tablespoons oil in same skillet over medium-high heat.
- ☐ Add 2 chicken breasts; sauté until cooked through and golden, about 3 minutes per side.
- ☐ Transfer chicken to platter; tent with foil to keep warm. Repeat with remaining 2 chicken breasts.
- ☐ Add Sherry to same skillet. Stir over medium-high heat, scraping up browned bits.
- ☐ Add parsnip mixture and cook until liquid is reduced by half, about 2 minutes.
- ☐ Remove from heat and stir in butter. Season sauce with salt and pepper. Spoon over chicken; garnish with thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:4.95, Inflammation Score:-8, Nutrition Score:21.952173932739%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.53mg, Epicatechin: 4.53mg, Epicatechin: 4.53mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 476.12kcal (23.81%), Fat: 24.31g (37.4%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 13.1g (4.76%), Sugar: 8.24g (9.15%), Cholesterol: 123.91mg (41.3%), Sodium: 250.13mg (10.88%), Alcohol: 6.18g (100%), Alcohol %: 2.26% (100%), Protein: 36.88g (73.76%), Vitamin B3: 18.15mg (90.75%), Selenium: 55.26µg (78.94%), Vitamin B6: 1.37mg (68.27%), Phosphorus: 404.39mg (40.44%), Vitamin B5: 2.73mg (27.29%), Potassium: 884.83mg (25.28%), Vitamin E: 3.18mg (21.2%), Vitamin K: 19.44µg (18.52%), Manganese: 0.35mg (17.47%), Magnesium: 65.99mg (16.5%), Vitamin C: 12.79mg (15.51%), Fiber: 3.38g (13.51%), Vitamin B2: 0.22mg (12.94%), Vitamin B1: 0.16mg (10.47%), Folate: 35.7µg (8.92%), Zinc: 1.33mg (8.89%), Iron: 1.34mg (7.45%), Vitamin A: 303.57IU (6.07%), Vitamin B12: 0.35µg (5.87%), Copper: 0.12mg (5.77%), Calcium: 37.07mg (3.71%), Vitamin D: 0.17µg (1.13%)