



Sherry Sour Cream Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

BEVERAGE

DRINK

Ingredients

- 4 tablespoons butter
- 1 tablespoon rosemary fresh chopped
- 2 tablespoons thyme leaves fresh chopped
- 4 servings salt and pepper to taste
- 0.3 cup cooking sherry
- 4 chicken breasts boneless skinless
- 1 cup cup heavy whipping cream sour

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet, saute chicken in butter/margarine until browned.
- Remove chicken and place in a 9x13 inch baking dish.
- Add sour cream and sherry to butter/margarine in skillet. Stir together until smooth. Season chicken with rosemary, thyme salt and pepper to taste. Then pour the sherry/cream mixture over the chicken.
- Bake in the preheated oven for 1 hour.

Nutrition Facts

PROTEIN 29.52% **FAT 65.87%** **CARBS 4.61%**

Properties

Glycemic Index:27.5, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:14.270869555681%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 359.54kcal (17.98%), Fat: 25.52g (39.27%), Saturated Fat: 13.67g (85.47%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.46g (1.26%), Sugar: 2.11g (2.35%), Cholesterol: 136.35mg (45.45%), Sodium: 433.91mg (18.87%), Alcohol: 1.54g (100%), Alcohol %: 0.96% (100%), Protein: 25.73g (51.47%), Vitamin B3: 11.93mg (59.65%), Selenium: 38.44µg (54.92%), Vitamin B6: 0.89mg (44.59%), Phosphorus: 291.1mg (29.11%), Vitamin A: 922.89IU (18.46%), Vitamin B5: 1.84mg (18.44%), Potassium: 528.68mg (15.11%), Vitamin B2: 0.23mg (13.76%), Magnesium: 42.97mg (10.74%), Vitamin C: 7.59mg (9.2%), Calcium: 84.32mg (8.43%), Iron: 1.15mg (6.37%), Zinc: 0.94mg (6.29%), Vitamin B12: 0.37µg (6.18%), Vitamin B1: 0.09mg (5.81%), Manganese: 0.11mg (5.31%), Vitamin E: 0.76mg

(5.05%), Copper: 0.06mg (3.13%), Folate: 10.66µg (2.66%), Fiber: 0.56g (2.24%), Vitamin K: 2.13µg (2.03%)