



Tuscan Chicken

READY IN



25 min.

SERVINGS



10

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups beef broth (yes, beef broth)
- 2 tablespoons butter
- 1.5 pounds chicken breast tenderloins
- 1 cup cooking wine dry white
- 2 tablespoons flour
- 6 sprigs rosemary fresh finely chopped
- 6 cloves garlic crushed
- 3 tablespoons olive oil extra-virgin
- 10 servings salt and pepper

- 2 shallots chopped
- 2 pounds chicken thighs boneless skinless
- 3 tablespoons citrus champagne vinegar

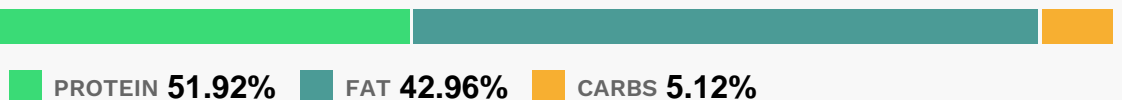
Equipment

- frying pan
- whisk

Directions

- Heat a large, deep skillet over medium high heat. Season chicken with salt and pepper.
- Add 2 tablespoons extra-virgin olive oil, half the chicken pieces, and a couple of crushed cloves of garlic.
- Brown chicken 2 minutes on each side and remove from pan.
- Add remaining oil, another single turn of the pan, remaining chicken pieces and garlic. Brown chicken 2 minutes on each side and remove.
- Add vinegar to the pan.
- Let it cook off.
- Add butter, shallots, and rosemary to the pan and cook 2 minutes, add flour and cook 1 minute more.
- Whisk in wine, reduce 1 minute.
- Whisk in broth and bring liquids up to a bubble. Return chicken to the pan and simmer over moderate heat 7 to 8 minutes to finish cooking chicken through.
- Dessert: This is a very rich meal. My suggestion for dessert is to set out a small cookie tray and offer coffee or tea.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.29, Inflammation Score:-3, Nutrition Score:14.999565194482%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 278.44kcal (13.92%), Fat: 12.1g (18.61%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 3g (1.09%), Sugar: 0.65g (0.72%), Cholesterol: 135.75mg (45.25%), Sodium: 552.61mg (24.03%), Alcohol: 2.47g (100%), Alcohol %: 1.25% (100%), Protein: 32.9g (65.81%), Vitamin B3: 12.68mg (63.38%), Selenium: 43.49µg (62.12%), Vitamin B6: 0.97mg (48.53%), Phosphorus: 331.53mg (33.15%), Vitamin B5: 2.11mg (21.14%), Potassium: 545.4mg (15.58%), Vitamin B2: 0.25mg (14.92%), Vitamin B12: 0.75µg (12.58%), Zinc: 1.86mg (12.39%), Magnesium: 44.04mg (11.01%), Vitamin B1: 0.15mg (9.73%), Iron: 1.33mg (7.41%), Vitamin E: 0.97mg (6.44%), Manganese: 0.12mg (5.78%), Vitamin K: 5.66µg (5.39%), Copper: 0.08mg (4.14%), Folate: 12.2µg (3.05%), Calcium: 23.23mg (2.32%), Vitamin A: 114.27IU (2.29%), Vitamin C: 1.81mg (2.2%)