



## White Wine Almond Chicken

READY IN



110 min.

SERVINGS



6

CALORIES



417 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1 cup almonds sliced
- ☐ 1 cup chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 pound mushrooms fresh sliced
- ☐ 1 cup heavy cream
- ☐ 6 servings salt and pepper to taste
- ☐ 6 chicken breast halves boneless skinless
- ☐ 1 onion white finely chopped
- ☐ 0.8 cup white wine

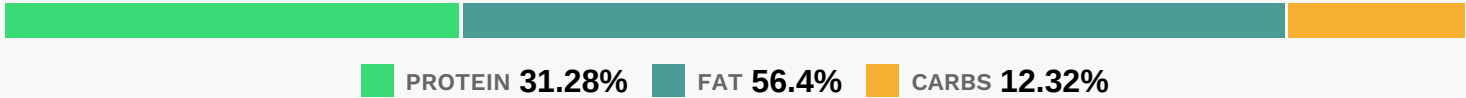
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Heat wine, broth and most of the cream (reserve a little) in a medium saucepan over medium low heat. Thicken flour with reserved cream, enough to make a thin paste.
- ☐ Add this to saucepan, stirring constantly until sauce has thickened. Stir in mushrooms and onions.
- ☐ Preheat oven to 325 degrees F(165 degrees C).
- ☐ Place chicken in a 9x13 inch baking dish.
- ☐ Pour sauce over chicken and top with almonds.
- ☐ Bake in the preheated oven for 1 1/2 hours.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:22.977391372556%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

## Nutrients (% of daily need)

Calories: 417.03kcal (20.85%), Fat: 25.29g (38.91%), Saturated Fat: 10.4g (65.02%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 9.34g (3.4%), Sugar: 4.57g (5.07%), Cholesterol: 117.93mg (39.31%), Sodium: 487.13mg (21.18%), Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 31.56g (63.13%), Vitamin B3: 15.46mg (77.28%), Selenium: 46.56µg (66.51%), Vitamin B6: 1mg (49.93%), Vitamin B2: 0.72mg (42.2%), Phosphorus: 415.41mg (41.54%), Vitamin E: 4.53mg (30.23%), Vitamin B5: 2.97mg (29.71%), Manganese: 0.51mg (25.3%), Potassium: 867.75mg (24.79%), Copper: 0.45mg (22.65%), Magnesium: 86.42mg (21.6%), Vitamin B1: 0.22mg (14.7%), Vitamin A: 618.3IU (12.37%), Fiber: 3.09g (12.34%), Zinc: 1.74mg (11.62%), Iron: 1.73mg (9.6%), Folate: 36.35µg (9.09%), Calcium: 84.51mg (8.45%), Vitamin D: 0.9µg (5.99%), Vitamin C: 4.54mg (5.5%), Vitamin B12: 0.33µg (5.46%), Vitamin K: 1.7µg (1.62%)