

# Chicken Saute' Sec

Outlook Inn - Eastsound, WA  
The Great Country Inns of America Cookbook (2nd ed) (1992)

## Servings: 2

2 eight-ounce boneless/ skinless  
chicken breasts  
1/2 cup sliced mushrooms  
4 medium shallots, diced fine  
1 clove garlic, diced fine  
1/2 red onion, diced fine  
1 tablespoon olive oil  
1 tablespoon fresh oregano, chopped  
1 tablespoon fresh basil, chopped  
1/2 cup white wine  
1 teaspoon unsalted butter  
1/2 cup chicken broth  
1/4 cup heavy cream

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In a skillet, saute' the chicken, mushrooms, shallots, garlic and onion in the olive oil for about 5 minutes, turning the chicken frequently.

Add the herbs, white wine, butter and chicken broth to the pan.

Reduce by one quarter; add the cream and reduce by half.

Serve immediately.

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Per Serving (excluding unknown items): 266 Calories; 20g Fat (77.5% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 46mg Cholesterol; 210mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	266	Vitamin B6 (mg):	.1mg
% Calories from Fat:	77.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	16.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	20g	Folacin (mcg):	21mcg
Saturated Fat (g):	9g	Niacin (mg):	2mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	40
		% Daily Value*	n n%

Cholesterol (mg):	46mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	210mg
Potassium (mg):	333mg
Calcium (mg):	53mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	3075IU
Vitamin A (r.e.):	400RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 2

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### Amount Per Serving

**Calories** 266 Calories from Fat: 206

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#### % Daily Values\*

<b>Total Fat</b> 20g	31%
Saturated Fat 9g	45%
<b>Cholesterol</b> 46mg	15%
<b>Sodium</b> 210mg	9%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 1g	5%
<b>Protein</b> 3g	
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<b>Vitamin A</b>	62%
<b>Vitamin C</b>	10%
<b>Calcium</b>	5%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.