



Balsamic and Shallot Chicken Breasts



Gluten Free



Dairy Free

READY IN



43 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 48 ounce chicken breast halves bone-in
- ☐ 3 garlic cloves chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil divided
- ☐ 1 plum tomatoes seeded chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 1.5 teaspoons tomato paste

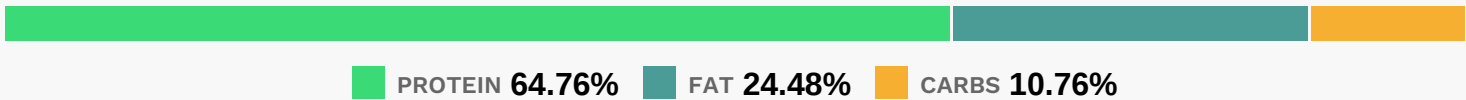
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Sprinkle the chicken evenly with pepper and salt.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 2 teaspoons olive oil to pan.
- ☐ Add chicken, meat-side down; cook 7 minutes or until browned. Turn chicken over; cook 3 minutes.
- ☐ Place chicken on a jelly-roll pan.
- ☐ Bake at 350 for 23 minutes or until done.
- ☐ Return the pan to medium-high heat.
- ☐ Add remaining oil, shallots, and garlic; saut for 1 minute, stirring constantly.
- ☐ Add tomato and tomato paste; saut for 1 minute, stirring constantly.
- ☐ Add broth; bring to a boil, scraping pan to loosen browned bits.
- ☐ Add vinegar; reduce heat to medium-low, and cook 20 minutes or until reduced to 2/3 cup, stirring occasionally.
- ☐ Serve sauce with chicken.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:3.26, Inflammation Score:-5, Nutrition Score:22.715652185938%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 319.95kcal (16%), Fat: 8.27g (12.72%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.46g (2.71%), Sugar: 5.58g (6.2%), Cholesterol: 145.15mg (48.38%), Sodium: 514.64mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.23g (98.46%), Vitamin B3: 23.82mg (119.09%), Selenium: 73.03µg (104.32%), Vitamin B6: 1.77mg (88.32%), Phosphorus: 495.66mg (49.57%), Vitamin B5: 3.29mg (32.88%), Potassium: 1005.51mg (28.73%), Magnesium: 67.99mg (17%), Vitamin B2: 0.24mg (14.04%), Vitamin K: 12.12µg (11.54%), Vitamin B1: 0.16mg (10.76%), Zinc: 1.44mg (9.62%), Manganese: 0.19mg (9.55%), Vitamin C: 6.51mg (7.89%), Iron: 1.37mg (7.6%), Vitamin B12: 0.45µg (7.56%), Vitamin E: 0.92mg (6.12%), Copper: 0.1mg (5.07%), Vitamin A: 220.88IU (4.42%), Folate: 16.92µg (4.23%), Calcium: 31.55mg (3.15%), Fiber: 0.73g (2.9%), Vitamin D: 0.23µg (1.51%)