



Balsamic-Marinated Chicken



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt divided
- ☐ 36 ounce chicken breasts boneless skinless

Equipment

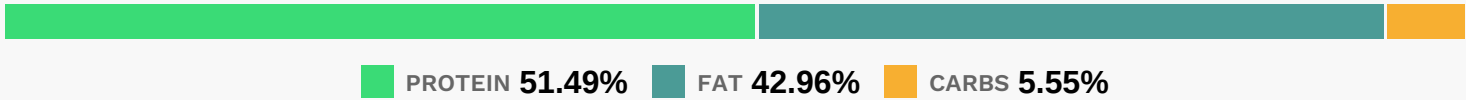
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Combine first 3 ingredients and 1 teaspoon salt in a zip-top plastic freezer bag or large shallow dish, and add chicken. Seal or cover, and chill 2 hours, turning occasionally.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Sprinkle evenly with pepper and remaining 1 teaspoon salt.
- ☐ Heat a large ungreased cast-iron skillet or grill skillet over medium-high heat until hot. Cook chicken, in batches, in hot skillet 3 to 4 minutes per side or until browned.
- ☐ Place chicken in a 13- x 9-inch baking dish.
- ☐ Bake at 350 for 20 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.98, Inflammation Score:-3, Nutrition Score:16.685652108944%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 289.22kcal (14.46%), Fat: 13.41g (20.63%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.67g (4.08%), Cholesterol: 108.86mg (36.29%), Sodium: 974.05mg (42.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.33%), Vitamin B3: 17.75mg (88.74%), Selenium: 54.47µg (77.81%), Vitamin B6: 1.28mg (63.77%), Phosphorus: 358.62mg (35.86%), Vitamin B5: 2.43mg (24.29%), Potassium: 639.62mg (18.27%), Magnesium: 45.24mg (11.31%), Vitamin E: 1.62mg (10.81%), Vitamin B2: 0.17mg (10.1%), Vitamin B1: 0.11mg (7.27%), Zinc: 1mg (6.68%), Vitamin K: 6.03µg (5.74%), Vitamin B12: 0.34µg (5.67%), Iron: 0.76mg (4.2%), Manganese: 0.06mg (2.93%), Copper: 0.05mg (2.57%), Vitamin C: 2.06mg (2.5%), Folate: 6.9µg (1.73%), Calcium: 11.46mg (1.15%), Vitamin D: 0.17µg (1.13%), Vitamin A: 51.94IU (1.04%)