



## Black Pepper Citrus Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.3 teaspoons pepper black divided freshly ground
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 tablespoon canola oil divided
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup onion vertically sliced
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup white wine

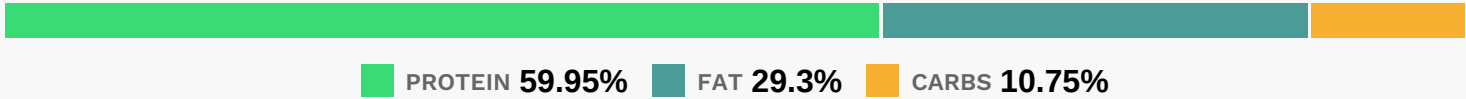
## Equipment

- ☐ frying pan

## Directions

- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle 1/2 teaspoon pepper and salt over chicken.
- ☐ Add chicken to pan; cook 2 minutes on each side or until browned.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add remaining 2 teaspoons oil to pan.
- ☐ Add onion and garlic to pan; saut 2 minutes.
- ☐ Add wine; cook 1 minute. Return chicken to pan.
- ☐ Add remaining 3/4 teaspoon pepper and juices. Cover, reduce heat, and simmer 4 minutes or until chicken is done.
- ☐ Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:1.66, Inflammation Score:-6, Nutrition Score:20.290434479713%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg

0.3mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 263.81kcal (13.19%), Fat: 8.02g (12.34%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 5.64g (2.05%), Sugar: 2.69g (2.99%), Cholesterol: 108.86mg (36.29%), Sodium: 346.8mg (15.08%), Alcohol: 1.54g (100%), Alcohol %: 0.79% (100%), Protein: 36.92g (73.84%), Vitamin B3: 17.89mg (89.46%), Selenium: 55.05µg (78.64%), Vitamin B6: 1.37mg (68.46%), Phosphorus: 379.22mg (37.92%), Vitamin K: 36.93µg (35.17%), Vitamin B5: 2.53mg (25.33%), Potassium: 748.71mg (21.39%), Vitamin C: 14.14mg (17.14%), Magnesium: 53.58mg (13.4%), Vitamin B2: 0.19mg (11.3%), Manganese: 0.22mg (11.07%), Vitamin B1: 0.14mg (9.6%), Zinc: 1.14mg (7.58%), Vitamin E: 0.98mg (6.51%), Vitamin B12: 0.34µg (5.67%), Iron: 1mg (5.57%), Folate: 21.08µg (5.27%), Vitamin A: 241.18IU (4.82%), Copper: 0.09mg (4.27%), Fiber: 0.98g (3.94%), Calcium: 30.36mg (3.04%), Vitamin D: 0.17µg (1.13%)