



Blackberry Balsamic Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup fat-skimmed beef broth fat-free reduced-sodium
- 2 teaspoons thyme sprigs fresh minced
- 1 tablespoon olive oil
- 24 ounce chicken breast halves boneless skinless
- 0.3 cup strawberry jam seedless

Equipment

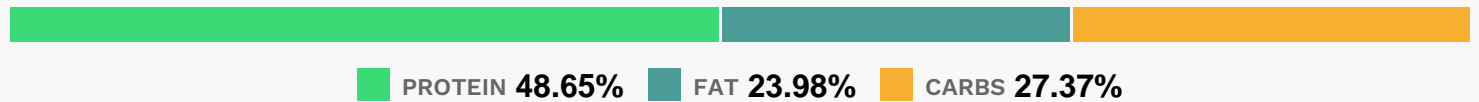
- frying pan

whisk

Directions

- Heat the olive oil in a skillet over medium-high heat. Cook the chicken breasts until golden brown on both sides, 2 to 3 minutes per side. While the chicken breasts are cooking, whisk together the chicken broth, thyme, blackberry spread, and balsamic vinegar.
- Once the chicken breasts have browned on both sides, pour in the blackberry sauce, and bring to a simmer. Reduce heat to medium-low, and simmer until the chicken breasts are no longer pink in the center, about 15 minutes. Turn the chicken breasts over halfway through cooking.
- Serve with the reduced blackberry sauce. For a thicker sauce, mix cornstarch with about 2 teaspoons of water, and stir into simmering sauce; let cook until thickened, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:10.95, Inflammation Score:-8, Nutrition Score:17.165217415146%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

Nutrients (% of daily need)

Calories: 308.71kcal (15.44%), Fat: 7.97g (12.26%), Saturated Fat: 1.46g (9.09%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 20.02g (7.28%), Sugar: 14.36g (15.96%), Cholesterol: 108.86mg (36.29%), Sodium: 265.49mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.37g (72.74%), Vitamin B3: 17.85mg (89.24%), Selenium: 55.31µg (79.01%), Vitamin B6: 1.29mg (64.26%), Phosphorus: 365.97mg (36.6%), Vitamin B5: 2.45mg (24.51%), Potassium: 666.04mg (19.03%), Magnesium: 47.58mg (11.9%), Vitamin B2: 0.2mg (11.72%), Vitamin B1: 0.11mg (7.66%), Vitamin C: 6.14mg (7.44%), Zinc: 1.03mg (6.85%), Vitamin B12: 0.37µg (6.14%), Vitamin E: 0.86mg (5.74%), Iron: 1.01mg (5.62%), Copper: 0.08mg (4.18%), Manganese: 0.06mg (3.04%), Folate: 10.51µg (2.63%), Vitamin K: 2.45µg (2.33%), Calcium: 19.9mg (1.99%), Vitamin A: 98.54IU (1.97%), Fiber: 0.45g (1.81%), Vitamin D: 0.17µg (1.13%)