



Blackened Chicken



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



133 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper white
- ☐ 0.1 teaspoon onion powder
- ☐ 0.5 teaspoon paprika
- ☐ 0.1 teaspoon salt
- ☐ 2 chicken breast halves boneless skinless

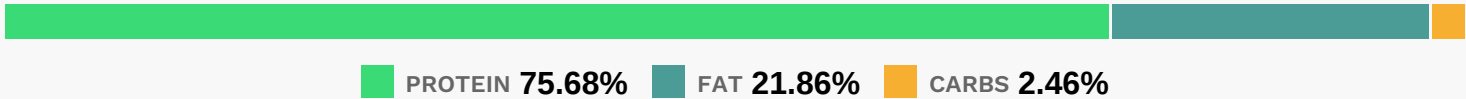
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.
- ☐ Heat a cast iron skillet over high heat for 5 minutes until it is smoking hot.
- ☐ Mix together the paprika, salt, cayenne, cumin, thyme, white pepper, and onion powder. Oil the chicken breasts with cooking spray on both sides, then coat the chicken breasts evenly with the spice mixture.
- ☐ Place the chicken in the hot pan, and cook for 1 minute. Turn, and cook 1 minute on other side.
- ☐ Place the breasts on the prepared baking sheet.
- ☐ Bake in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:11.598260905432%

Nutrients (% of daily need)

Calories: 133.1kcal (6.66%), Fat: 3.1g (4.77%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 0.79g (0.26%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.09g (0.1%), Cholesterol: 72.32mg (24.11%), Sodium: 277.42mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.35%), Vitamin B3: 11.88mg (59.38%), Selenium: 36.25µg (51.79%), Vitamin B6: 0.87mg (43.3%), Phosphorus: 241.72mg (24.17%), Vitamin B5: 1.62mg (16.24%), Potassium: 441.38mg (12.61%), Magnesium: 32.1mg (8.02%), Vitamin A: 392.12IU (7.84%), Vitamin B2: 0.12mg (7.24%), Vitamin B1: 0.08mg (5.17%), Iron: 0.89mg (4.93%), Zinc: 0.71mg (4.73%), Vitamin B12: 0.23µg (3.77%), Vitamin E: 0.45mg (3.02%), Vitamin K: 2.99µg (2.85%), Manganese: 0.06mg (2.77%), Vitamin C: 1.69mg (2.05%), Copper: 0.04mg (2.01%), Fiber: 0.37g (1.47%), Folate: 5.49µg (1.37%), Calcium: 12.76mg (1.28%)