



Boiled Chicken Breasts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 carrots quartered
- ☐ 2 rib celery with tops, quartered
- ☐ 4 pounds chicken breasts bone-in
- ☐ 1 garlic clove
- ☐ 1 small onion quartered
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt

☐ 2 quarts water

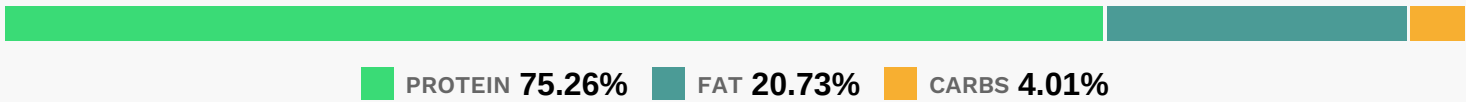
Equipment

☐ dutch oven

Directions

☐ Bring all ingredients to a boil in a Dutch oven. Cover, reduce heat, and simmer 30 to 40 minutes or until done. Cool chicken slightly; remove and discard skin and bones. Chop meat, and store in airtight containers in freezer up to 3 months. Strain and reserve broth to use fresh or freeze, if desired. Broth may be frozen in airtight containers.

Nutrition Facts



Properties

Glycemic Index:20.98, Glycemic Load:0.73, Inflammation Score:-9, Nutrition Score:23.599565350491%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 269.56kcal (13.48%), Fat: 5.93g (9.12%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.1g (1.23%), Cholesterol: 145.15mg (48.38%), Sodium: 867.47mg (37.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.44g (96.88%), Vitamin B3: 23.82mg (119.11%), Selenium: 72.7µg (103.86%), Vitamin B6: 1.74mg (86.8%), Vitamin A: 2619.18IU (52.38%), Phosphorus: 485.19mg (48.52%), Vitamin B5: 3.29mg (32.91%), Potassium: 906.38mg (25.9%), Magnesium: 64.62mg (16.15%), Vitamin B2: 0.24mg (14.06%), Vitamin B1: 0.16mg (10.69%), Zinc: 1.4mg (9.33%), Vitamin B12: 0.45µg (7.56%), Copper: 0.11mg (5.72%), Manganese: 0.11mg (5.4%), Vitamin C: 4.4mg (5.33%), Iron: 0.94mg (5.25%), Vitamin E: 0.54mg (3.58%), Folate: 13.8µg (3.45%), Vitamin K: 2.99µg (2.85%), Calcium: 27.83mg (2.78%), Fiber: 0.65g (2.62%), Vitamin D: 0.23µg (1.51%)