



Braised Balsamic Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic salt
- ☐ 6 servings ground pepper black to taste
- ☐ 2 tablespoons olive oil

- ☐ 1 onion thinly sliced
- ☐ 1 teaspoon oregano dried
- ☐ 6 chicken breast halves boneless skinless

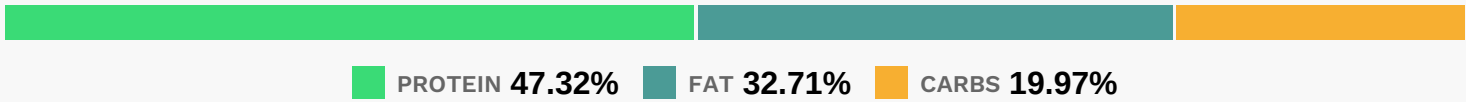
Equipment

- ☐ frying pan

Directions

- ☐ Season chicken breasts with ground black pepper and garlic salt.
- ☐ Heat olive oil in a medium skillet, and brown the onion and seasoned chicken breasts.
- ☐ Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.61, Inflammation Score:-6, Nutrition Score:15.629130322%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 219.84kcal (10.99%), Fat: 7.84g (12.06%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 8.88g (3.23%), Sugar: 6.99g (7.76%), Cholesterol: 72.32mg (24.11%), Sodium: 615.09mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.01%), Vitamin B3: 12.67mg (63.37%), Selenium: 36.69µg (52.42%), Vitamin B6: 0.98mg (48.89%), Phosphorus: 269.86mg (26.99%), Potassium: 680.28mg (19.44%), Vitamin B5: 1.83mg (18.29%), Vitamin K: 13.26µg (12.63%), Magnesium: 49.95mg (12.49%), Manganese: 0.25mg (12.37%), Vitamin E: 1.83mg (12.22%), Vitamin C: 9.08mg (11%), Iron: 1.92mg (10.66%), Vitamin B2: 0.16mg (9.29%), Vitamin B1: 0.13mg (8.9%), Copper: 0.18mg (8.83%), Fiber: 1.88g (7.52%), Zinc: 0.92mg (6.11%), Calcium: 50.47mg (5.05%), Folate: 18.51µg (4.63%), Vitamin A: 192.71IU (3.85%), Vitamin B12: 0.23µg (3.77%)