



 14%
HEALTH SCORE

Brined Chicken Breast with Sautéed Onion Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings pepper black freshly-ground to taste
- 2 lbs chicken breast boneless
- 1 tsp cumin
- 1 juice of lime
- 1 tsp juice of lemon
- 1 Tbs oregano dried
- 6 servings salt to taste

- 3 tablespoons sugar
- 1 onion sweet sliced
- 3 Tbs vinegar
- 3.5 cups water

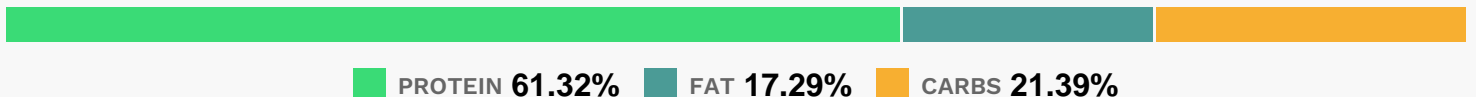
Equipment

- food processor
- frying pan
- pot

Directions

- For the Dipping Sauce:Saut the onion in a tablespoon of olive oil until transparent.
- Let the onion cool.
- Place the onion in a food processor and add the rest of the ingredients. Give a few good chops until the desired consistency is reached.
- Combine all of the above in a pot; add the chicken and cover in the refrigerator for a few hours or overnight.
- Remove from the brine and cut the chicken into desired sized pieces.
- Heat a 10 inch frying pan with 2 tablespoons of olive oil.If the chicken is cut into to inch thickness it should take about 6 to 10 minutes over medium heat; turning the chicken pieces occasionally to saut evenly. Do not overcrowd the pan.
- Serve with the onion dipping sauce.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:4.22, Inflammation Score:-8, Nutrition Score:16.438695652174%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 219.6kcal (10.98%), Fat: 4.1g (6.3%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 10.47g (3.81%), Sugar: 8.91g (9.9%), Cholesterol: 96.77mg (32.26%), Sodium: 381.6mg (16.59%), Protein: 32.71g (65.42%), Vitamin B3: 15.91mg (79.53%), Selenium: 48.8µg (69.71%), Vitamin B6: 1.22mg (60.85%), Phosphorus: 336.53mg (33.65%), Vitamin B5: 2.22mg (22.25%), Potassium: 649.89mg (18.57%), Magnesium: 49.83mg (12.46%), Vitamin B2: 0.17mg (10%), Vitamin B1: 0.12mg (8.3%), Vitamin C: 6.33mg (7.67%), Iron: 1.25mg (6.96%), Manganese: 0.14mg (6.79%), Zinc: 1.01mg (6.72%), Vitamin K: 5.86µg (5.58%), Folate: 21.43µg (5.36%), Copper: 0.11mg (5.29%), Vitamin B12: 0.3µg (5.04%), Calcium: 40.97mg (4.1%), Fiber: 0.93g (3.73%), Vitamin E: 0.47mg (3.17%), Vitamin A: 67.42IU (1.35%), Vitamin D: 0.15µg (1.01%)