



Buttery Herbed Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 pound chicken breast tenders
- 3 cups rice long-grain hot cooked
- 0.3 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons butter light softened
- 2 teaspoons olive oil
- 0.3 teaspoon salt

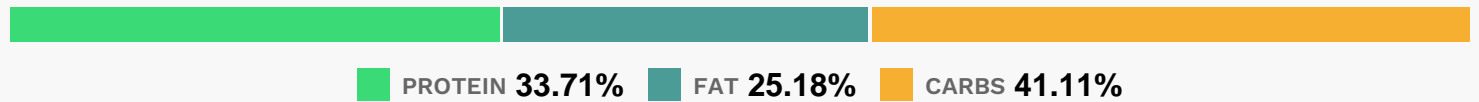
Equipment

- bowl
- frying pan

Directions

- Combine butter and next 3 ingredients in a small bowl.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken, and cook 4 to 5 minutes on each side or until done.
- Remove pan from heat, add butter mixture, and toss to coat chicken evenly.
- Serve immediately over rice.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:35.89, Inflammation Score:-3, Nutrition Score:14.593043425809%

Nutrients (% of daily need)

Calories: 336.58kcal (16.83%), Fat: 9.14g (14.05%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 32.99g (12%), Sugar: 0.07g (0.07%), Cholesterol: 79.99mg (26.66%), Sodium: 280.69mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.03%), Selenium: 45.26µg (64.65%), Vitamin B3: 12.31mg (61.55%), Vitamin B6: 0.96mg (48.1%), Manganese: 0.6mg (29.94%), Phosphorus: 291.85mg (29.19%), Vitamin B5: 2.08mg (20.81%), Potassium: 469.3mg (13.41%), Magnesium: 44.61mg (11.15%), Zinc: 1.26mg (8.41%), Vitamin B2: 0.13mg (7.92%), Vitamin B1: 0.1mg (6.49%), Copper: 0.11mg (5.75%), Vitamin E: 0.69mg (4.57%), Iron: 0.8mg (4.46%), Vitamin B12: 0.24µg (3.93%), Vitamin A: 155.69IU (3.11%), Vitamin K: 2.75µg (2.62%), Calcium: 23.54mg (2.35%), Fiber: 0.56g (2.24%), Folate: 8.48µg (2.12%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.18µg (1.22%)