



Caraway Chicken Breasts with Sweet-and-Sour Red Cabbage

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slice bacon
- ☐ 2.5 tablespoons balsamic vinegar
- ☐ 1 tablespoon brown sugar packed ()
- ☐ 1 teaspoon caraway seeds
- ☐ 0.5 teaspoon ground allspice divided (scant)
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon olive oil

- ☐ 3 cups cabbage red thinly sliced
- ☐ 0.3 cup shallots sliced (2 medium)
- ☐ 2 chicken breast halves boneless skinless

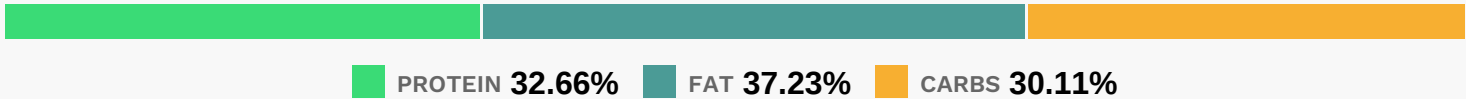
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sprinkle caraway and 1/4 teaspoon allspice on both sides of chicken breasts.
- ☐ Sprinkle with salt and pepper.
- ☐ Heat oil in large nonstick skillet over medium heat.
- ☐ Add bacon; cook until crisp.
- ☐ Transfer to plate.
- ☐ Add chicken to drippings in skillet; sauté until cooked through, about 5 minutes per side.
- ☐ Transfer to plate; tent with foil.
- ☐ Add cabbage, shallots, broth, vinegar, sugar, and 1/4 teaspoon allspice to same skillet; cook over medium-high heat until liquid is reduced to glaze and cabbage is crisp-tender, 6 minutes.
- ☐ Mix in bacon. Season with salt and pepper. Slice chicken; divide chicken and cabbage between 2 plates. Top with chives, if desired.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:5.6, Inflammation Score:-9, Nutrition Score:26.650869442069%

Flavonoids

Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg

0.03mg, Pelargonidin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 360.83kcal (18.04%), Fat: 15.09g (23.21%), Saturated Fat: 3.23g (20.18%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 22.91g (8.33%), Sugar: 17.11g (19.01%), Cholesterol: 79.58mg (26.53%), Sodium: 269.35mg (11.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.79g (59.57%), Vitamin C: 81.01mg (98.2%), Vitamin B3: 13.73mg (68.65%), Vitamin B6: 1.3mg (65.18%), Selenium: 39.85µg (56.93%), Vitamin K: 55.75µg (53.1%), Phosphorus: 344.83mg (34.48%), Vitamin A: 1535.74IU (30.71%), Potassium: 995.91mg (28.45%), Manganese: 0.52mg (25.77%), Vitamin B5: 1.99mg (19.9%), Fiber: 4.55g (18.21%), Magnesium: 67.13mg (16.78%), Vitamin B1: 0.22mg (14.41%), Vitamin B2: 0.24mg (14.34%), Iron: 2.55mg (14.18%), Folate: 42.3µg (10.57%), Calcium: 103.87mg (10.39%), Vitamin E: 1.46mg (9.72%), Zinc: 1.37mg (9.16%), Copper: 0.14mg (7.12%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.16µg (1.05%)