



## Chicken Balsamic

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 teaspoons brand oil
- 0.5 cup chicken stock see
- 1 clove garlic crushed
- 1 teaspoon penzey's southwest seasoning dried italian (oregano, thyme, basil)
- 4 chicken breasts boneless skinless
- 2 tablespoons sugar
- 0.3 cup balsamic vinegar white (may use balsamic as shown)

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Set chicken in a shallow bowl.
- Add the combined vinegar, chicken stock, sugar, garlic and seasoning. Allow chicken to marinate 10 minutes on each side.
- Remove chicken and set marinade aside.
- Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer.
- Briefly heat the Enova™ brand oil in a large skillet over medium–high heat.
- Add the marinated chicken breasts. Cook each chicken breast 4 minutes each side (or until browned).
- Add the marinade to the skillet and continue cooking for an additional 3–4 minutes while turning the chicken breasts until they are cooked through.

## Nutrition Facts

**PROTEIN 49.46%** **FAT 28.24%** **CARBS 22.3%**

## Properties

Glycemic Index:38.77, Glycemic Load:6.07, Inflammation Score:-2, Nutrition Score:11.994347740775%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 210.38kcal (10.52%), Fat: 6.33g (9.74%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 11.02g (4.01%), Sugar: 9.67g (10.74%), Cholesterol: 73.22mg (24.41%), Sodium: 179.18mg (7.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.89%), Vitamin B3: 12.29mg (61.44%), Selenium: 36.99µg (52.84%), Vitamin B6: 0.88mg (43.96%), Phosphorus: 251.32mg (25.13%), Vitamin B5: 1.62mg (16.19%), Potassium: 482.83mg (13.8%), Magnesium: 34.67mg (8.67%), Vitamin B2: 0.14mg (8.42%), Vitamin B1: 0.09mg (5.68%), Vitamin E: 0.84mg (5.6%), Vitamin K: 5.55µg (5.28%), Zinc: 0.74mg (4.91%), Iron: 0.83mg (4.63%), Manganese: 0.08mg (4.13%), Vitamin B12: 0.23µg (3.77%), Copper: 0.06mg (2.9%), Calcium: 21.69mg (2.17%),

Vitamin C: 1.66mg (2.01%), Folate: 7.23µg (1.81%)