



## Chicken Breasts Pierre

READY IN



70 min.

SERVINGS



6

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons brown sugar
- 3 tablespoons butter
- 14.5 ounce canned tomatoes with liquid canned
- 0.5 teaspoon celery seed
- 2 teaspoons chili powder
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 1 pinch ground pepper black
- 1 teaspoon ground mustard

- 0.1 teaspoon pepper sauce hot
- 1 teaspoon salt
- 6 chicken breast halves boneless skinless
- 0.5 cup water
- 2 tablespoons distilled vinegar white
- 2 tablespoons worcestershire sauce

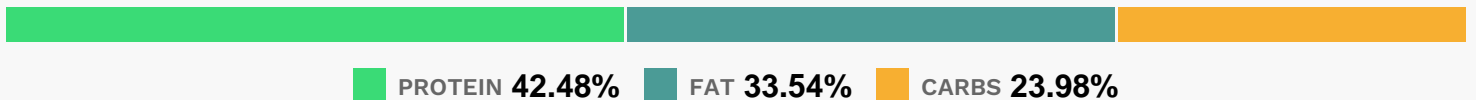
## Equipment

- bowl
- frying pan
- paper towels

## Directions

- In a shallow dish or bowl, combine flour, 1/2 teaspoon salt and ground black pepper. Coat chicken breasts with flour mixture. Melt butter in a large skillet over medium heat, and brown chicken on all sides.
- Remove from skillet, and drain on paper towels.
- In the same skillet, combine the tomatoes, water, brown sugar, vinegar and Worcestershire sauce. Season with salt, chili powder, mustard, celery seed, garlic and hot pepper sauce. Bring to a boil; reduce heat, and return chicken to skillet. Cover, and simmer for 35 to 40 minutes, or until chicken is tender, no longer pink and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:45.83, Glycemic Load:4.33, Inflammation Score:-6, Nutrition Score:16.106521896694%

## Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg 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: 245.44kcal (12.27%), Fat: 9.11g (14.01%), Saturated Fat: 4.3g (26.89%), Carbohydrates: 14.66g (4.89%), Net Carbohydrates: 12.91g (4.69%), Sugar: 7.56g (8.4%), Cholesterol: 87.37mg (29.12%), Sodium: 743.62mg (32.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.91%), Vitamin B3: 13.08mg (65.4%), Selenium: 39.43µg (56.33%), Vitamin B6: 0.98mg (48.82%), Phosphorus: 276.77mg (27.68%), Potassium: 697.07mg (19.92%), Vitamin B5: 1.85mg (18.48%), Magnesium: 48.84mg (12.21%), Iron: 2.12mg (11.76%), Vitamin B1: 0.17mg (11.66%), Manganese: 0.23mg (11.35%), Vitamin B2: 0.19mg (11.32%), Vitamin A: 558.73IU (11.17%), Vitamin C: 8.67mg (10.51%), Vitamin E: 1.51mg (10.1%), Copper: 0.19mg (9.66%), Fiber: 1.75g (7%), Zinc: 0.97mg (6.43%), Folate: 24.43µg (6.11%), Vitamin K: 5.18µg (4.93%), Calcium: 48.96mg (4.9%), Vitamin B12: 0.24µg (3.96%)