



Chicken Breasts with Fennel-Mustard Butter and Radicchio

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy chopped
- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 2 tablespoons capers drained
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon fennel seeds
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.3 cup olive oil
- ☐ 4 cups radicchio thinly thinly sliced
- ☐ 6 chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ glass baking pan

Directions

- ☐ Stir fennel seeds in small skillet over high heat until beginning to brown, about 1 minute.
- ☐ Place in spice mill and grind to coarse powder.
- ☐ Transfer to small bowl.
- ☐ Add remaining ingredients; stir to blend. Season with salt and pepper. (Can be made 2 days ahead. Cover and chill.)
- ☐ Whisk oil, lemon juice, and garlic in small bowl to blend.
- ☐ Place chicken in 13x9x2-inch glass baking dish.
- ☐ Sprinkle with salt and pepper.
- ☐ Pour oil mixture over. Turn to coat. Cover with plastic wrap; refrigerate at least 1 hour and up to 3 hours.
- ☐ Heat 2 heavy large skillets over medium-high heat.
- ☐ Add 3 chicken breasts with some of marinade to each skillet; sauté until cooked through, about 3 minutes per side.
- ☐ Transfer chicken to platter.
- ☐ Place 2 teaspoons fennel-mustard butter atop each chicken breast. Melt 1/4 cup mustard-fennel butter in 1 skillet over medium-high heat.
- ☐ Add anchovies; mash with fork. Stir in radicchio and capers; sauté until radicchio just begins to wilt, about 1 minute. Spoon radicchio atop chicken breasts.

Nutrition Facts

 PROTEIN **28.17%**  FAT **69.1%**  CARBS **2.73%**

Properties

Glycemic Index:18.67, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:17.183043355527%

Flavonoids

Cyanidin: 33.86mg, Cyanidin: 33.86mg, Cyanidin: 33.86mg, Cyanidin: 33.86mg Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg, Delphinidin: 2.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 10.14mg, Luteolin: 10.14mg, Luteolin: 10.14mg, Luteolin: 10.14mg Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg

Nutrients (% of daily need)

Calories: 360.56kcal (18.03%), Fat: 27.71g (42.63%), Saturated Fat: 11.67g (72.96%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.34g (0.37%), Cholesterol: 114.59mg (38.2%), Sodium: 354.72mg (15.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.83%), Vitamin K: 75.66µg (72.06%), Vitamin B3: 12.33mg (61.66%), Selenium: 38.24µg (54.62%), Vitamin B6: 0.88mg (44.05%), Phosphorus: 265.25mg (26.52%), Vitamin E: 2.6mg (17.36%), Vitamin B5: 1.74mg (17.35%), Potassium: 541.14mg (15.46%), Vitamin A: 521.72IU (10.43%), Magnesium: 40.27mg (10.07%), Vitamin B2: 0.14mg (8.43%), Copper: 0.15mg (7.56%), Vitamin C: 5.91mg (7.17%), Manganese: 0.14mg (6.95%), Zinc: 0.95mg (6.32%), Vitamin B1: 0.09mg (5.93%), Folate: 23.07µg (5.77%), Iron: 0.98mg (5.44%), Vitamin B12: 0.27µg (4.58%), Calcium: 34.55mg (3.45%), Fiber: 0.82g (3.28%)