

## Chicken Breasts with Lime Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 tablespoons butter
- 4 chicken breast halves boneless skinless
- 0.5 teaspoon dill dried
- 0.7 cup breadcrumbs dry
- 1 eggs beaten
- 1 teaspoon chives fresh minced
- 1 juice of lime juiced
- 2 tablespoons olive oil

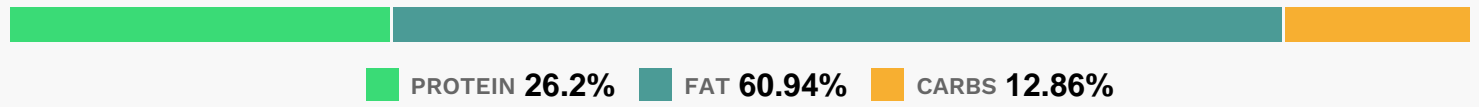
# Equipment

- frying pan
- wire rack

# Directions

- Coat chicken breasts with egg, and dip in bread crumbs.
- Place on a wire rack, and allow to dry for about 10 minutes.
- Heat olive oil in a large skillet over medium heat.
- Place chicken into the skillet, and fry for 3 to 5 minutes on each side.
- Remove to a platter, and keep warm.
- Drain grease from the skillet, and squeeze in lime juice. Cook over low heat until it boils.
- Add butter, and stir until melted. Season with chives and dill. Spoon sauce over chicken, and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:23.75, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:16.083912828694%

# Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 430.37kcal (21.52%), Fat: 28.97g (44.57%), Saturated Fat: 12.96g (81.02%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 12.9g (4.69%), Sugar: 1.3g (1.45%), Cholesterol: 158.39mg (52.8%), Sodium: 414.05mg (18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.04%), Vitamin B3: 13.01mg (65.06%), Selenium: 44.29µg (63.28%), Vitamin B6: 0.89mg (44.64%), Phosphorus: 295.69mg (29.57%), Vitamin B5: 1.91mg (19.11%),

Vitamin B1: 0.25mg (16.96%), Vitamin B2: 0.24mg (14.4%), Potassium: 487.32mg (13.92%), Vitamin A: 640.03IU (12.8%), Vitamin E: 1.86mg (12.38%), Magnesium: 40.13mg (10.03%), Manganese: 0.19mg (9.63%), Iron: 1.6mg (8.86%), Folate: 30.59µg (7.65%), Vitamin K: 7.71µg (7.34%), Zinc: 1.09mg (7.26%), Vitamin B12: 0.42µg (7.04%), Calcium: 53.37mg (5.34%), Vitamin C: 3.81mg (4.62%), Copper: 0.09mg (4.37%), Fiber: 0.86g (3.45%), Vitamin D: 0.33µg (2.22%)