



Chicken Breasts with Peppers

READY IN



26 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup chicken broth low sodium canned
- 0.5 cup flour all-purpose
- 2 cloves garlic chopped
- 2 tablespoons parsley chopped
- 2 tablespoons red wine vinegar
- 7 oz roasted peppers red cut into strips
- 4 servings salt
- 24 oz chicken breasts boneless skinless
- 1.5 teaspoons sugar

- 1 tablespoon butter unsalted
- 3 tablespoons vegetable oil

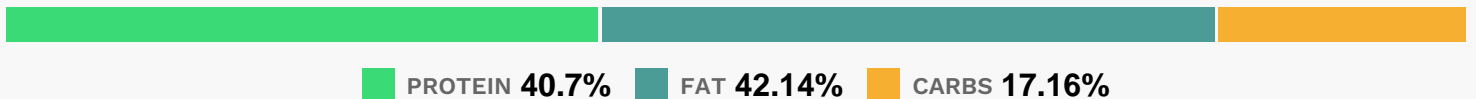
Equipment

- frying pan
- baking paper

Directions

- Place each chicken breast between 2 sheets of parchment paper and pound to an even 1/2-inch thickness.
- Sprinkle with salt. Coat chicken on both sides with flour; shake off excess.
- Warm 2 Tbsp. oil in a large skillet over medium-high heat. Cook chicken until golden on both sides and cooked through, 8 to 10 minutes.
- Transfer to a plate; cover.
- Heat remaining oil in skillet. Saut garlic until fragrant, 30 seconds.
- Add peppers and saut for 1 minute.
- Add broth, vinegar and sugar; bring to a boil, scraping up browned bits from pan. Reduce heat; simmer until slightly thickened, about 4 minutes.
- Remove pan from heat; stir in butter and parsley until butter melts.
- Pour sauce over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:51.77, Glycemic Load:9.83, Inflammation Score:-7, Nutrition Score:24.356521927792%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 392.21kcal (19.61%), Fat: 18.04g (27.75%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.41g (5.61%), Sugar: 1.63g (1.81%), Cholesterol: 116.39mg (38.8%), Sodium: 1086.25mg (47.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.2g (78.39%), Vitamin B3: 19.58mg (97.9%), Selenium: 60.14µg (85.91%), Vitamin B6: 1.39mg (69.71%), Vitamin K: 52.22µg (49.73%), Phosphorus: 402.17mg (40.22%), Vitamin C: 28.28mg (34.27%), Vitamin B5: 2.53mg (25.32%), Potassium: 777.5mg (22.21%), Vitamin B1: 0.25mg (16.59%), Vitamin B2: 0.28mg (16.5%), Magnesium: 55.31mg (13.83%), Manganese: 0.24mg (12.19%), Folate: 46.53µg (11.63%), Vitamin A: 565.09IU (11.3%), Iron: 2.03mg (11.29%), Zinc: 1.27mg (8.5%), Vitamin E: 1.26mg (8.43%), Copper: 0.16mg (8.23%), Vitamin B12: 0.39µg (6.51%), Fiber: 1.11g (4.46%), Calcium: 39.86mg (3.99%), Vitamin D: 0.22µg (1.48%)