



Chicken Breasts with Zucchini Pappardelle

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

READY IN



30 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup basil
- 1 cup basil
- 4 chicken breast halves boneless with skin (1 1/2 pounds)
- 2 garlic clove
- 4 servings lemon wedges
- 1 tablespoon olive oil
- 2 tablespoons water
- 1 pound zucchini trimmed

Equipment

- bowl
- frying pan

Directions

- Shave zucchini lengthwise (1/8 inch thick) with slicer and put in a large bowl. Thinly slice garlic and reserve separately.
- Pat chicken dry, then cut crosswise into thirds. Season all over with 3/4 teaspoon salt and 1/2 teaspoon pepper.
- Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté chicken in batches, skin side down first, until browned and just cooked through, 8 to 14 minutes total.
- Add chicken to zucchini.
- Add garlic to skillet and cook, stirring, until pale golden, about 1 minute.
- Add water and scrape up any brown bits, then drizzle over chicken.
- Add basil and 1/4 teaspoon salt to bowl and toss until zucchini wilts slightly. Season with salt and pepper.
- Per serving: Calories 303, Total fat 17g, Saturated Fat 4g, Cholesterol 93mg, Sodium 685mg, Carbohydrate 5g, Fiber 1g, Protein 32g
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts

 **PROTEIN 56.49%**  **FAT 33.82%**  **CARBS 9.69%**

Properties

Glycemic Index:52.63, Glycemic Load:0.6, Inflammation Score:-6, Nutrition Score:19.494347779647%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 184.32kcal (9.22%), Fat: 6.88g (10.58%), Saturated Fat: 1.23g (7.66%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.91g (3.23%), Cholesterol: 72.32mg (24.11%), Sodium: 141.35mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.69%), Vitamin B3: 12.42mg (62.09%), Vitamin K: 57.03µg (54.32%), Vitamin B6: 1.07mg (53.46%), Selenium: 36.64µg (52.34%), Vitamin C: 24.81mg (30.08%), Phosphorus: 289.57mg (28.96%), Potassium: 756.9mg (21.63%), Manganese: 0.38mg (19.04%), Vitamin B5: 1.88mg (18.78%), Vitamin A: 894.05IU (17.88%), Magnesium: 58mg (14.5%), Vitamin B2: 0.23mg (13.56%), Folate: 40.05µg (10.01%), Vitamin B1: 0.13mg (8.72%), Zinc: 1.13mg (7.56%), Copper: 0.14mg (7.14%), Iron: 1.27mg (7.05%), Vitamin E: 0.95mg (6.36%), Fiber: 1.39g (5.54%), Calcium: 48.27mg (4.83%), Vitamin B12: 0.23µg (3.77%)