



WHATSheATE



Chicken Paillards with Tomato, Basil, and Roasted-Corn Relish

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings flour
- ☐ 12 ounces cherry tomatoes halved
- ☐ 3 tablespoons basil fresh finely sliced
- ☐ 1.5 cups ears corn fresh
- ☐ 0.3 cup spring onion chopped
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 large chicken breast halves boneless skinless
- ☐ 1.5 tablespoons butter unsalted

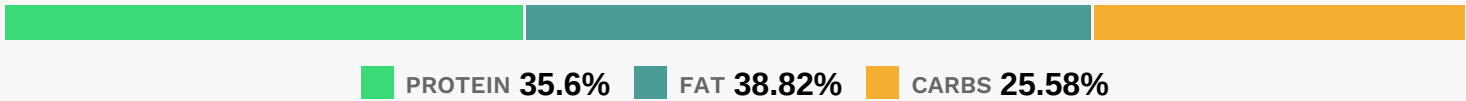
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Preheat oven to 375°F.
- ☐ Brush rimmed baking sheet with 1 teaspoon oil. Toss corn and 2 teaspoons oil on prepared sheet. Roast until corn begins to brown, stirring occasionally, about 18 minutes.
- ☐ Transfer to bowl.
- ☐ Mix in tomatoes, green onions, basil, and 2 tablespoons oil; season with salt and pepper.
- ☐ Using mallet or heavy-bottomed saucepan, pound chicken between sheets of plastic wrap to about 1/2-inch thickness. Pat chicken dry.
- ☐ Sprinkle with salt and pepper, then dust with flour to coat. Melt butter with oil in heavy large skillet over medium-high heat.
- ☐ Add chicken to skillet and sauté until cooked through, about 5 minutes per side.
- ☐ Transfer to plates; top with relish and serve.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:4.25, Inflammation Score:-7, Nutrition Score:19.384782459425%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 304.59kcal (15.23%), Fat: 13.36g (20.55%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 17.73g (6.45%), Sugar: 5.7g (6.33%), Cholesterol: 83.61mg (27.87%), Sodium: 150.48mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.56g (55.11%), Vitamin B3: 13.69mg (68.46%), Selenium: 39.55µg (56.5%), Vitamin B6: 0.97mg (48.69%), Phosphorus: 322.02mg (32.2%), Vitamin C: 25.89mg (31.38%), Vitamin K: 25.48µg (24.27%), Potassium: 781.33mg (22.32%), Vitamin B5: 2.16mg (21.56%), Vitamin B1: 0.25mg (16.69%), Vitamin A: 824.1IU (16.48%), Magnesium: 61.12mg (15.28%), Folate: 57.32µg (14.33%), Manganese: 0.27mg (13.67%), Vitamin B2: 0.21mg (12.15%), Vitamin E: 1.66mg (11.05%), Iron: 1.8mg (9.99%), Fiber: 2.07g (8.29%), Zinc: 1.12mg (7.46%), Copper: 0.15mg (7.31%), Vitamin B12: 0.23µg (3.92%), Calcium: 25.69mg (2.57%), Vitamin D: 0.19µg (1.28%)