



Chicken Sauté with Peaches and Basil

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 0.8 cup chicken broth fat-free low-sodium
- ☐ 3 large basil leaves fresh
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 2 cups peaches fresh sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots chopped

☐

16 ounce chicken breast halves boneless skinless

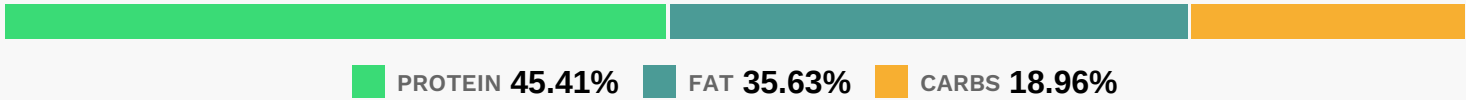
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine the salt and pepper in a zip-top plastic bag with the chicken. Seal and shake well. Melt the butter in a large nonstick skillet over medium-high heat until bubbling.
- ☐ Add the chicken and cook 5 minutes per side until cooked through.
- ☐ Transfer to a plate and cover with foil; keep warm.
- ☐ Combine the peaches, broth, shallots, and lemon zest in the skillet with the drippings. Bring to a simmer and cook 3 minutes until heated through.
- ☐ Remove from heat and stir in the basil. Spoon the sauce and peaches over the chicken.
- ☐ Note: If using fresh peaches, blanch them in boiling water for 1 minute. Peel, pit, and cut into 1/2-inch-thick wedges to measure 2 cups.

Nutrition Facts



Properties

Glycemic Index:55.56, Glycemic Load:3.29, Inflammation Score:-5, Nutrition Score:14.128260659135%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 229.97kcal (11.5%), Fat: 9.11g (14.01%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.23g (3.36%), Sugar: 7.69g (8.55%), Cholesterol: 87.62mg (29.21%), Sodium: 492.34mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.11g (52.23%), Vitamin B3: 13.09mg (65.46%), Selenium: 38.16µg (54.51%), Vitamin B6: 0.93mg (46.26%), Phosphorus: 279.28mg (27.93%), Vitamin B5: 1.79mg (17.87%), Potassium: 605.44mg (17.3%), Magnesium: 39.76mg (9.94%), Vitamin A: 477.13IU (9.54%), Vitamin B2: 0.16mg (9.2%), Vitamin C: 5.92mg (7.17%), Vitamin B1: 0.1mg (6.71%), Fiber: 1.68g (6.71%), Copper: 0.13mg (6.47%), Manganese: 0.13mg (6.36%), Zinc: 0.95mg (6.33%), Vitamin E: 0.95mg (6.33%), Iron: 0.98mg (5.43%), Vitamin B12: 0.28µg (4.72%), Vitamin K: 4.59µg (4.38%), Folate: 14.63µg (3.66%), Calcium: 19.1mg (1.91%)