

Chicken Scampi II

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast halves boneless sliced lengthwise into thirds
- 0.5 cup butter
- 1 teaspoon basil dried
- 1 teaspoon parsley dried
- 3 cloves garlic minced
- 1 tablespoon juice of lemon
- 0.3 cup olive oil
- 0.3 teaspoon oregano dried

0.8 teaspoon salt

Equipment

frying pan

Directions

- In a skillet heat the butter or margarine and oil over medium high until the butter/margarine melts.
- Add the parsley, basil, oregano and garlic and salt and mix together in the skillet. Stir in lemon juice.
- Then add the chicken and saute for about 3 minutes or until white. Lower the heat and cook for about 10 to 15 minutes or until chicken is cooked through and the juices run clear. More butter/margarine can be added if needed.

Nutrition Facts

 **PROTEIN 21.36%** **FAT 77.56%** **CARBS 1.08%**

Properties

Glycemic Index:21.25, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:13.538695501245%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 456.77kcal (22.84%), Fat: 39.48g (60.73%), Saturated Fat: 17.1g (106.87%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.03g (0.37%), Sugar: 0.15g (0.16%), Cholesterol: 133.33mg (44.44%), Sodium: 750.58mg (32.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.46g (48.93%), Vitamin B3: 11.84mg (59.19%), Selenium: 36.78µg (52.55%), Vitamin B6: 0.88mg (44.09%), Phosphorus: 248.83mg (24.88%), Vitamin E: 2.88mg (19.17%), Vitamin B5: 1.66mg (16.63%), Vitamin K: 15.78µg (15.03%), Vitamin A: 747.89IU (14.96%), Potassium: 446.84mg (12.77%), Magnesium: 32.96mg (8.24%), Vitamin B2: 0.13mg (7.64%), Vitamin B1: 0.08mg (5.31%), Zinc:

0.73mg (4.88%), Vitamin B12: 0.27µg (4.57%), Iron: 0.82mg (4.56%), Manganese: 0.09mg (4.47%), Vitamin C: 3.55mg (4.3%), Calcium: 25.04mg (2.5%), Copper: 0.04mg (2.22%), Folate: 7.3µg (1.83%)