



Chicken with Bouillon



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chicken soup base
- ☐ 4 tablespoons butter
- ☐ 4 chicken breast halves boneless skinless

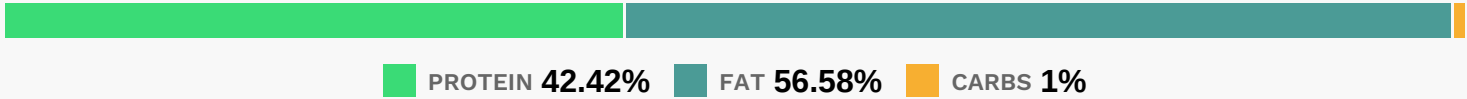
Equipment

- ☐ frying pan

Directions

☐ Melt margarine in a medium skillet over medium heat. Stir in bouillon granules; when melted together, add chicken and brown, turning often. If necessary, add a little more margarine and bouillon. Cook for about 20 minutes, or until chicken is cooked through and juices run clear.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:11.399130358644%

Nutrients (% of daily need)

Calories: 236.15kcal (11.81%), Fat: 14.54g (22.37%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.43g (0.48%), Cholesterol: 72.64mg (24.21%), Sodium: 859.97mg (37.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin B3: 11.85mg (59.25%), Selenium: 36.86µg (52.66%), Vitamin B6: 0.85mg (42.51%), Phosphorus: 244.67mg (24.47%), Vitamin B5: 1.64mg (16.37%), Potassium: 431.7mg (12.33%), Vitamin A: 534.73IU (10.69%), Magnesium: 31.2mg (7.8%), Vitamin B2: 0.13mg (7.58%), Vitamin B1: 0.08mg (5.08%), Vitamin E: 0.66mg (4.4%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.25µg (4.13%), Iron: 0.44mg (2.47%), Vitamin C: 1.41mg (1.71%), Copper: 0.03mg (1.53%), Calcium: 14.52mg (1.45%), Folate: 5.46µg (1.37%), Manganese: 0.02mg (1.03%)