



Chicken with Caramelized Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup low-salt chicken broth divided
- ☐ 6 cups onion thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinned

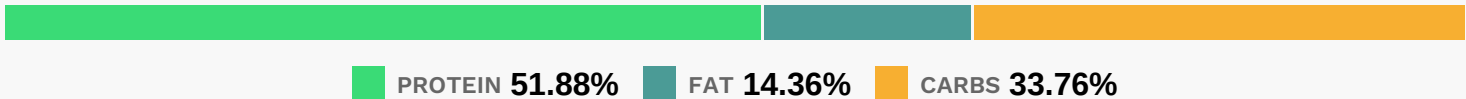
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Coat a large skillet with cooking spray, and place over medium heat until hot.
- ☐ Add onion; cover and cook 10 minutes or until deep golden, stirring frequently.
- ☐ Combine salt, thyme, red pepper, and black pepper, and stir well.
- ☐ Sprinkle half of spice mixture over onions.
- ☐ Add 1/4 cup of chicken broth to the onion mixture, and cook for 10 minutes, stirring frequently.
- ☐ Add 2 tablespoons broth, and cook until liquid evaporates, scraping bottom of skillet with a wooden spoon to loosen the browned bits.
- ☐ Repeat procedure with remaining 2 tablespoons broth.
- ☐ Add vinegar, and cook an additional 2 minutes or until most of the liquid evaporates.
- ☐ Remove onion mixture from pan; set aside, and keep warm.
- ☐ Rub chicken with remaining spice mixture. Recoat skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add the chicken, and cook for 5 minutes on each side or until done.
- ☐ Serve the caramelized onion mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:15.015652174535%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg,

Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg
Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin:
32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 206.36kcal (10.32%), Fat: 3.24g (4.98%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 17.12g (5.71%), Net
Carbohydrates: 14.34g (5.21%), Sugar: 8.41g (9.34%), Cholesterol: 72.57mg (24.19%), Sodium: 340.14mg (14.79%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.6%), Vitamin B3: 12.29mg (61.46%), Selenium: 37.1µg
(53%), Vitamin B6: 1.05mg (52.29%), Phosphorus: 292.91mg (29.29%), Potassium: 685.15mg (19.58%), Vitamin B5:
1.81mg (18.14%), Vitamin C: 13.29mg (16.1%), Manganese: 0.25mg (12.67%), Magnesium: 47.32mg (11.83%), Fiber:
2.78g (11.12%), Vitamin B1: 0.15mg (9.78%), Vitamin B2: 0.16mg (9.62%), Folate: 35.15µg (8.79%), Zinc: 0.96mg
(6.43%), Copper: 0.11mg (5.39%), Iron: 0.94mg (5.23%), Calcium: 47.53mg (4.75%), Vitamin B12: 0.25µg (4.11%),
Vitamin E: 0.28mg (1.84%), Vitamin K: 1.78µg (1.7%), Vitamin A: 73.93IU (1.48%)