



Chicken with Caramelized Onions, Apples, and Provolone

 Gluten Free

READY IN



51 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 1 tablespoon cider vinegar
- 1 cup mcintosh apples peeled chopped
- 1.5 teaspoons olive oil
- 2 cups onion thinly sliced
- 2 ounce provolone cheese cut in half
- 0.5 teaspoon salt divided

24 ounce chicken breast halves boneless skinless

Equipment

frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; cook 18 minutes or until golden brown, stirring frequently.
- Add apple and vinegar; cook an additional 5 minutes. Stir in 1/4 teaspoon salt and 1/4 teaspoon pepper.
- Remove onion mixture from pan; set aside.
- Sprinkle chicken breast halves evenly with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Coat pan with cooking spray; return pan to medium-high heat.
- Add chicken, and cook 6 to 7 minutes per side or until done.
- Top each chicken breast evenly with onion mixture and cheese. Cook, covered, 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:2.92, Inflammation Score:-6, Nutrition Score:20.251739154691%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.49mg, Quercetin: 17.49mg, Quercetin: 17.49mg, Quercetin: 17.49mg

Nutrients (% of daily need)

Calories: 306.59kcal (15.33%), Fat: 9.82g (15.1%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 10.11g (3.68%), Sugar: 6.74g (7.49%), Cholesterol: 118.64mg (39.55%), Sodium: 594.83mg (25.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.73g (81.46%), Vitamin B3: 17.89mg (89.44%), Selenium: 56.9µg (81.29%), Vitamin B6: 1.39mg (69.7%), Phosphorus: 454.84mg (45.48%), Vitamin B5: 2.61mg (26.12%), Potassium: 805.29mg (23.01%), Magnesium: 58.38mg (14.59%), Vitamin B2: 0.25mg (14.46%), Calcium: 137.51mg (13.75%), Vitamin C: 9.4mg (11.39%), Zinc: 1.6mg (10.65%), Vitamin B1: 0.15mg (10.26%), Manganese: 0.18mg (9.15%), Vitamin B12: 0.55µg (9.12%), Fiber: 2.17g (8.69%), Folate: 24.4µg (6.1%), Iron: 0.95mg (5.28%), Copper: 0.09mg (4.65%), Vitamin E: 0.65mg (4.31%), Vitamin A: 195.61IU (3.91%), Vitamin K: 2.97µg (2.83%), Vitamin D: 0.24µg (1.61%)