



Chicken with Cider and Bacon Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apple cider unsweetened
- ☐ 2 slices bacon chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup onion fresh minced
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

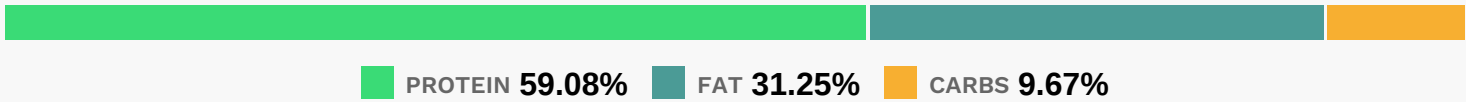
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan.
- ☐ Add chicken to drippings in pan; cook 6 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add onion to pan; cook 2 minutes or until tender, stirring constantly.
- ☐ Add cider and broth; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to 1/2 cup (about 5 minutes). Stir in cooked bacon; serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:2.22, Inflammation Score:-3, Nutrition Score:17.433043399583%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 265.58kcal (13.28%), Fat: 8.89g (13.68%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.9g (2.15%), Sugar: 4.72g (5.25%), Cholesterol: 116.12mg (38.71%), Sodium: 533.72mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.82g (75.64%), Vitamin B3: 18.39mg (91.94%), Selenium: 57.37µg (81.95%), Vitamin B6: 1.33mg (66.38%), Phosphorus: 382.36mg (38.24%), Vitamin B5: 2.55mg (25.55%), Potassium: 720.64mg (20.59%), Magnesium: 49.26mg (12.31%), Vitamin B2: 0.2mg (11.49%), Vitamin B1: 0.16mg (10.35%), Zinc: 1.15mg (7.67%), Vitamin B12: 0.45µg (7.53%), Manganese: 0.09mg (4.59%), Iron: 0.8mg (4.45%), Vitamin C: 3.18mg (3.85%), Copper: 0.07mg (3.35%), Vitamin E: 0.38mg (2.52%), Folate: 9.01µg (2.25%), Calcium: 16.67mg (1.67%), Vitamin D: 0.21µg (1.43%), Fiber: 0.29g (1.16%), Vitamin A: 56.43IU (1.13%)