



Chicken with Creamy Herb Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons parsley fresh minced
- ☐ 3 garlic cloves unpeeled
- ☐ 0.3 cup buttermilk low-fat
- ☐ 3 tablespoons mayonnaise reduced-calorie
- ☐ 1 teaspoon oregano dried
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinned
- ☐ 1 tablespoon water
- ☐ 1.5 teaspoons or dried fresh minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Arrange chicken in a single layer in a 13 x 9-inch baking dish.
- ☐ Pour vinegar over chicken, and sprinkle with oregano, 1/2 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Place garlic cloves in dish.
- ☐ Bake at 375 for 25 minutes, basting occasionally with pan drippings.
- ☐ Remove garlic from dish, and peel.
- ☐ Place garlic in a bowl, and mash into a paste.
- ☐ Add buttermilk and next 6 ingredients (buttermilk through 1/8 teaspoon pepper); stir with a wire whisk until well-blended.
- ☐ Cut each breast half diagonally across the grain into thin slices. Arrange 1 sliced breast half on each of 6 plates; spoon 1 1/2 tablespoons sauce over chicken.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



 PROTEIN **52.06%**  FAT **39.46%**  CARBS **8.48%**

Properties

Glycemic Index:38.5, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:13.789130392282%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 198.15kcal (9.91%), Fat: 8.34g (12.83%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 4.04g (1.35%), Net Carbohydrates: 3.67g (1.34%), Sugar: 2.68g (2.98%), Cholesterol: 75.91mg (25.3%), Sodium: 437.68mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.75g (49.5%), Vitamin B3: 11.89mg (59.46%), Selenium: 36.9µg (52.71%), Vitamin B6: 0.88mg (43.93%), Vitamin K: 40.24µg (38.32%), Phosphorus: 255.59mg (25.56%), Vitamin B5: 1.68mg (16.76%), Potassium: 474.4mg (13.55%), Magnesium: 35.23mg (8.81%), Vitamin B2: 0.14mg (8.01%), Manganese: 0.13mg (6.35%), Iron: 1.1mg (6.13%), Vitamin B1: 0.08mg (5.53%), Zinc: 0.78mg (5.21%), Vitamin C: 3.83mg (4.65%), Vitamin B12: 0.26µg (4.29%), Calcium: 37.41mg (3.74%), Vitamin E: 0.54mg (3.62%), Vitamin A: 172.03IU (3.44%), Copper: 0.05mg (2.54%), Folate: 8.97µg (2.24%), Fiber: 0.36g (1.45%)