



Chicken with Green Onion Sauce

 Dairy Free

READY IN



33 min.

SERVINGS



4

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon thyme dried
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic clove minced
- ☐ 0.3 cup spring onion divided finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless

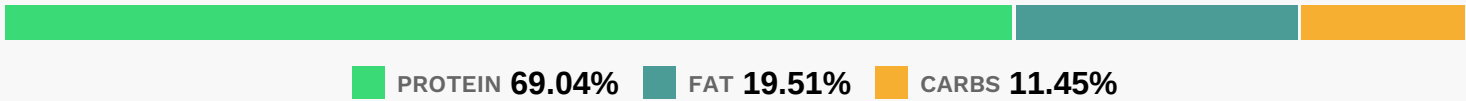
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine 1/4 cup broth and flour in a small bowl, stirring with a whisk until smooth.
- ☐ Add remaining broth, garlic, and thyme; set aside.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add chicken, and cook 4 to 5 minutes or until lightly browned. Turn chicken; add 2 tablespoons green onions.
- ☐ Pour broth mixture over chicken; sprinkle with salt and pepper. Reduce heat, and simmer, uncovered, 15 to 20 minutes or until chicken is done, basting often.
- ☐ Remove chicken from pan; keep warm. Bring sauce to a boil over medium-high heat. Scrape bottom and sides of pan, using a rubber spatula. Cook 2 minutes or until sauce is reduced to 3/4 cup.
- ☐ Pour sauce evenly over chicken, and top with remaining green onions.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:2.34, Inflammation Score:-4, Nutrition Score:13.439565129902%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 152.12kcal (7.61%), Fat: 3.17g (4.88%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.8g (1.38%), Sugar: 0.37g (0.41%), Cholesterol: 72.57mg (24.19%), Sodium: 611.75mg (26.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.52%), Vitamin B3: 12.66mg (63.3%), Selenium: 40.01µg (57.16%), Vitamin B6: 0.89mg (44.46%), Phosphorus: 258.7mg (25.87%), Vitamin K: 18.69µg (17.8%), Vitamin B5: 1.77mg (17.67%), Potassium: 483.72mg (13.82%), Vitamin B2: 0.16mg (9.5%), Magnesium: 33.59mg (8.4%), Vitamin B1: 0.12mg (7.8%), Vitamin B12: 0.43µg (7.09%), Iron: 0.97mg (5.36%), Manganese: 0.1mg (5.25%), Zinc: 0.76mg (5.06%), Folate: 17.95µg (4.49%), Vitamin C: 3.43mg (4.15%), Copper: 0.07mg (3.38%), Vitamin A: 119.95IU (2.4%), Calcium: 20.42mg (2.04%), Vitamin E: 0.27mg (1.8%), Fiber: 0.39g (1.55%)