



## Chicken with Lemon and Fennel Seeds

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 3 tablespoons cooking wine dry white
- 0.5 teaspoon fennel seeds
- 1 garlic clove crushed
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon rind grated
- 1 tablespoon olive oil
- 0.5 teaspoon salt

24 ounce chicken breast halves boneless skinless

## Equipment

frying pan

## Directions

Heat olive oil in a large nonstick skillet over medium-high heat.

Sprinkle the chicken with salt and pepper.

Add the chicken to pan, and cook 3 minutes on each side.

Add wine, rind, juice, fennel seeds, and garlic. Cover, reduce heat, and simmer mixture 5 minutes or until chicken is done.

## Nutrition Facts

**PROTEIN 65.28%** **FAT 32.29%** **CARBS 2.43%**

## Properties

Glycemic Index:19.25, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:16.809564896252%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 238.25kcal (11.91%), Fat: 7.97g (12.26%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.33g (0.36%), Cholesterol: 108.86mg (36.29%), Sodium: 489.11mg (21.27%), Alcohol: 1.16g (100%), Alcohol %: 0.75% (100%), Protein: 36.25g (72.51%), Vitamin B3: 17.78mg (88.92%), Selenium: 54.57µg (77.95%), Vitamin B6: 1.29mg (64.74%), Phosphorus: 362.45mg (36.25%), Vitamin B5: 2.45mg (24.47%), Potassium: 654.87mg (18.71%), Magnesium: 47.25mg (11.81%), Vitamin B2: 0.18mg (10.31%), Vitamin B1: 0.11mg (7.61%), Vitamin C: 5.88mg (7.12%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.34µg (5.67%), Vitamin E: 0.84mg (5.61%), Manganese: 0.09mg (4.26%), Iron: 0.76mg (4.24%), Copper: 0.05mg (2.74%), Vitamin K: 2.71µg (2.58%), Folate: 8.53µg (2.13%), Calcium: 15.75mg (1.58%), Vitamin D: 0.17µg (1.13%), Vitamin A: 52.82IU (1.06%)