



## Chicken with Lime Butter

 **Gluten Free**  **Low Fod Map**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**346 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 0.5 teaspoon dill weed dried
- 1 juice of lime juiced
- 6 servings salt and pepper to taste
- 6 chicken breasts boneless skinless
- 4 tablespoons vegetable oil

### Equipment

- frying pan

## Directions

- Heat oil in a large heavy skillet over medium high heat. Season chicken breasts with salt and pepper. Cook until lightly browned, about 3 minutes on each side. Cover, and reduce heat to low. Cook until no longer pink, and juices run clear, about 10 minutes.
- Remove chicken from pan, and keep warm.
- Drain excess oil from pan. Stir in lime juice, and cook over low heat until it begins to bubble. Stir in butter, 1 tablespoon at a time. Continue stirring until butter becomes opaque, and sauce thickens.
- Remove from heat, and stir in dill weed. Spoon sauce over chicken, and serve.

## Nutrition Facts

**PROTEIN 28.07%** **FAT 71.38%** **CARBS 0.55%**

## Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:12.363912872646%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 346.06kcal (17.3%), Fat: 27.34g (42.06%), Saturated Fat: 11.75g (73.42%), Carbohydrates: 0.48g (0.16%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.1g (0.11%), Cholesterol: 112.99mg (37.66%), Sodium: 446.78mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.19g (48.38%), Vitamin B3: 11.8mg (59.02%), Selenium: 36.35µg (51.94%), Vitamin B6: 0.85mg (42.51%), Phosphorus: 242.99mg (24.3%), Vitamin K: 18.25µg (17.38%), Vitamin B5: 1.64mg (16.37%), Potassium: 431.29mg (12.32%), Vitamin A: 514IU (10.28%), Vitamin E: 1.41mg (9.37%), Magnesium: 30.54mg (7.63%), Vitamin B2: 0.12mg (7.08%), Vitamin B1: 0.07mg (4.99%), Zinc: 0.68mg (4.53%), Vitamin B12: 0.26µg (4.3%), Vitamin C: 2.9mg (3.51%), Iron: 0.47mg (2.61%), Copper: 0.03mg (1.62%), Folate: 5.59µg (1.4%), Calcium: 12.5mg (1.25%), Manganese: 0.02mg (1.08%)