



Chicken with Pear-Sage Skillet Chutney

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

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups purée of usa bartlett pear cored finely chopped (2 pears)
- 0.8 teaspoon pepper black divided freshly ground
- 2 tablespoons brown sugar
- 2 teaspoons canola oil divided
- 3 tablespoons cider vinegar
- 1.5 teaspoons sage fresh chopped
- 0.5 teaspoon mustard seeds
- 0.3 cup bell pepper red finely chopped

- 0.3 cup onion red finely chopped
- 0.8 teaspoon salt divided
- 36 ounce chicken breast halves boneless skinless

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 37
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Sprinkle chicken evenly with 1/2 teaspoon salt and 1/2 teaspoon black pepper.
- Add chicken to pan; cook 2 minutes on each side or until browned.
- Remove from pan.
- Reduce heat to medium; add remaining 1 teaspoon oil.
- Add onion and bell pepper to pan. Cook 3 minutes, stirring frequently.
- Add sugar, vinegar, sage, mustard seeds, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon black pepper to pan; bring to a boil. Reduce heat; simmer 5 minutes.
- Add pear. Increase heat to medium; cook 10 minutes or until pear is tender, stirring frequently.
- Place chicken in pan on top of chutney. Cover pan loosely with foil; bake at 375 for 15 minutes or until chicken is done.
- Wine note: Pinot gris, the same grape as pinot grigio, is known for producing fuller-bodied whites brimming with fruit flavors like apple and pear when grown in the cool climate of Oregon's Willamette Valley. Ponzi Vineyards Pinot Gris 2005 (\$17), with its clove and almond notes, echoes the concentrated pear and herbal flavors that are found in the chutney. - Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:2.63, Inflammation Score:-5, Nutrition Score:22.013477931852%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 260.2kcal (13.01%), Fat: 5.97g (9.19%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 10.74g (3.91%), Sugar: 9.18g (10.19%), Cholesterol: 108.86mg (36.29%), Sodium: 490.75mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.18%), Vitamin B3: 17.93mg (89.64%), Copper: 1.61mg (80.52%), Selenium: 55.12µg (78.74%), Vitamin B6: 1.32mg (66.21%), Phosphorus: 370.48mg (37.05%), Vitamin B5: 2.49mg (24.91%), Potassium: 725.09mg (20.72%), Vitamin C: 15.37mg (18.62%), Magnesium: 51.85mg (12.96%), Vitamin B2: 0.19mg (11.38%), Manganese: 0.17mg (8.66%), Vitamin B1: 0.13mg (8.45%), Fiber: 1.9g (7.6%), Zinc: 1.09mg (7.28%), Vitamin A: 324.9IU (6.5%), Vitamin B12: 0.34µg (5.67%), Iron: 0.92mg (5.12%), Vitamin E: 0.76mg (5.07%), Folate: 15.59µg (3.9%), Vitamin K: 3.93µg (3.74%), Calcium: 24.4mg (2.44%), Vitamin D: 0.17µg (1.13%)