



Chicken with Pear Sauce

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon
- 14.5 ounce chicken broth canned
- 2 tablespoons cornstarch
- 0.3 cup green onion chopped
- 2 tablespoons olive oil
- 2 cups pears diced cored peeled
- 0.5 teaspoon salt
- 4 chicken breast halves boneless skinless

- 3 tablespoons water cold
- 0.5 teaspoon pepper white

Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a large skillet over medium heat. Rub chicken breasts with salt and white pepper.
- Place chicken breasts in the hot skillet, and cook for about 10 minutes on each side, until the juices run clear.
- Meanwhile, place bacon in a saucepan over medium-high heat, and cook until crisp.
- Remove bacon, and drain grease, leaving about 1 tablespoon in the pan. Stir in some of the chicken broth, and scrape any bacon bits stuck to the pan.
- Pour in the rest of the broth, and bring to a boil. Boil for 5 minutes.
- Add pears, and boil for 5 more minutes.
- In a small cup, mix together the cornstarch and water.
- Pour the mixture into the saucepan along with the green onions. Allow the sauce to boil until thick and bubbly, about 2 minutes. Crumble bacon into the pan.
- Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:3.67, Inflammation Score:-5, Nutrition Score:21.202608948169%

Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 559.36kcal (27.97%), Fat: 29.3g (45.07%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 15.03g (5.47%), Sugar: 7.99g (8.88%), Cholesterol: 141.85mg (47.28%), Sodium: 1102.03mg (47.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.9g (107.8%), Selenium: 60.84µg (86.91%), Vitamin B3: 15.52mg (77.61%), Vitamin B6: 1.14mg (57.11%), Phosphorus: 447.07mg (44.71%), Zinc: 3.66mg (24.41%), Vitamin B12: 1.39µg (23.19%), Vitamin K: 23.28µg (22.17%), Potassium: 740.85mg (21.17%), Vitamin B5: 1.81mg (18.07%), Vitamin B2: 0.26mg (15.55%), Magnesium: 59.56mg (14.89%), Iron: 2.2mg (12.22%), Vitamin E: 1.8mg (12.01%), Fiber: 2.76g (11.04%), Vitamin B1: 0.16mg (10.76%), Copper: 0.17mg (8.55%), Vitamin C: 6.05mg (7.33%), Vitamin A: 308.41IU (6.17%), Manganese: 0.08mg (4.11%), Folate: 16.24µg (4.06%), Calcium: 34.49mg (3.45%), Vitamin D: 0.33µg (2.17%)