



Chicken with Provençal Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 1 garlic clove minced
- ☐ 1.5 teaspoons herbs de provence dried
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon salt

☐ 24 ounce chicken breast halves boneless skinless

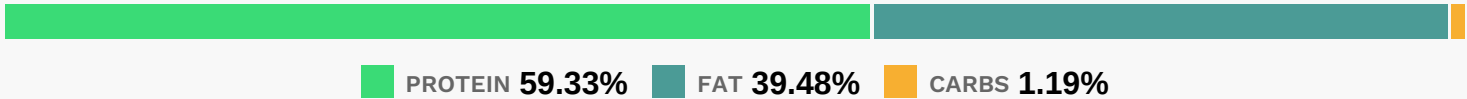
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add chicken; cook 6 minutes on each side or until done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add garlic to pan; cook 1 minute, stirring constantly.
- ☐ Add broth and herbes de Provence; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to 1/2 cup (about 3 minutes).
- ☐ Remove from heat; add butter and lemon juice, stirring until butter melts.
- ☐ Serve sauce over chicken.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:17.540869552156%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg,
Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 254.29kcal (12.71%), Fat: 10.8g (16.62%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 0.73g (0.24%), Net
Carbohydrates: 0.54g (0.2%), Sugar: 0.13g (0.15%), Cholesterol: 111.55mg (37.18%), Sodium: 583.28mg (25.36%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.06%), Vitamin B3: 18.08mg (90.42%), Selenium:
55.82µg (79.75%), Vitamin B6: 1.29mg (64.72%), Phosphorus: 365.95mg (36.59%), Vitamin B5: 2.5mg (25.01%),
Potassium: 655.78mg (18.74%), Magnesium: 46.12mg (11.53%), Vitamin B2: 0.19mg (10.89%), Vitamin K: 10.23µg
(9.75%), Vitamin B1: 0.12mg (7.78%), Vitamin E: 1.14mg (7.6%), Vitamin B12: 0.46µg (7.6%), Zinc: 1.03mg (6.89%), Iron:
1.23mg (6.83%), Manganese: 0.09mg (4.51%), Vitamin C: 2.95mg (3.57%), Copper: 0.06mg (3.21%), Folate: 8.73µg
(2.18%), Calcium: 20.29mg (2.03%), Vitamin A: 97.34IU (1.95%), Vitamin D: 0.17µg (1.13%)