



Chicken with Summer Squash and Lemon-Chive Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons cornstarch
- 1 cup less-sodium chicken broth fat-free
- 1 tablespoon chives fresh chopped
- 2 teaspoons dijon honey mustard
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated

- 0.3 teaspoon salt
- 16 ounce chicken breast halves boneless skinless
- 2 teaspoons vegetable oil
- 2 cups baby squash yellow cubed
- 1.5 cups zucchini cubed

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle chicken with salt and pepper; add chicken to pan. Cook 4 minutes on each side; remove from pan. Keep warm.
- Reduce heat to medium.
- Add cubed squash and zucchini to pan, and cook 2 minutes, stirring frequently. Return the chicken to pan.
- Combine broth and remaining ingredients in a small bowl, stirring with a whisk.
- Add the broth mixture to pan. Cover, reduce heat to medium-low, and cook 3 minutes.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:15.990869625755%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 178.67kcal (8.93%), Fat: 5.55g (8.54%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 4.56g (1.66%), Sugar: 3.11g (3.46%), Cholesterol: 72.57mg (24.19%), Sodium: 526.53mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.37%), Vitamin B3: 12.64mg (63.2%), Selenium: 37.79µg (53.98%), Vitamin B6: 1.06mg (52.99%), Phosphorus: 284.61mg (28.46%), Vitamin C: 21.5mg (26.06%), Potassium: 714.2mg (20.41%), Vitamin B5: 1.88mg (18.76%), Vitamin B2: 0.25mg (14.77%), Magnesium: 48.85mg (12.21%), Manganese: 0.22mg (11.23%), Vitamin K: 9.86µg (9.39%), Folate: 34.24µg (8.56%), Vitamin B1: 0.13mg (8.42%), Zinc: 0.99mg (6.61%), Vitamin B12: 0.34µg (5.67%), Vitamin A: 273.7IU (5.47%), Iron: 0.9mg (5.02%), Copper: 0.1mg (4.96%), Fiber: 1.18g (4.73%), Vitamin E: 0.53mg (3.55%), Calcium: 25.77mg (2.58%)