



Chicken with Sun-Dried Tomato Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 1 cup less-sodium chicken broth fat-free
- 1 teaspoon oregano dried
- 0.3 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless
- 8 ounce oil-packed sun-dried tomato halves

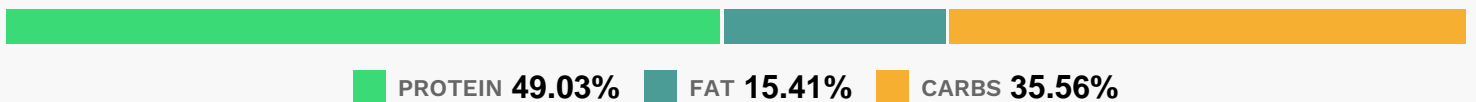
Equipment

- bowl
- frying pan
- sieve
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Drain sun-dried tomatoes in a sieve over a bowl, reserving oil. Set aside 1 1/2 tablespoons reserved oil to cook chicken. Finely chop 1/4 cup tomatoes; set aside for sauce.
- Place remaining oil and tomatoes in sun-dried tomato jar; reserve for another use.
- 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 1/8 teaspoon salt and pepper.
- Heat 1 1/2 tablespoons reserved 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 chopped sun-dried tomatoes, 1/8 teaspoon salt, broth, oregano, and vinegar; bring to a boil, scraping pan to loosen browned bits. Cook until broth mixture is reduced to 1/2 cup (about 3 minutes).
- Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:7.47, Inflammation Score:-8, Nutrition Score:34.536956367285%

Nutrients (% of daily need)

Calories: 344.65kcal (17.23%), Fat: 6.21g (9.56%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 25.03g (9.1%), Sugar: 21.52g (23.91%), Cholesterol: 108.86mg (36.29%), Sodium: 635.72mg

(27.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.47g (88.95%), Vitamin B3: 23.21mg (116.07%), Selenium: 58.83µg (84.04%), Potassium: 2599.85mg (74.28%), Vitamin B6: 1.48mg (73.79%), Phosphorus: 566.35mg (56.64%), Manganese: 1.12mg (56.03%), Copper: 0.87mg (43.35%), Magnesium: 156.43mg (39.11%), Vitamin B5: 3.68mg (36.82%), Iron: 6.06mg (33.69%), Vitamin C: 24.28mg (29.43%), Fiber: 7.22g (28.87%), Vitamin B1: 0.41mg (27.55%), Vitamin B2: 0.46mg (27.18%), Vitamin K: 28.03µg (26.7%), Zinc: 2.14mg (14.28%), Folate: 47.13µg (11.78%), Vitamin A: 555.77IU (11.12%), Calcium: 81.94mg (8.19%), Vitamin B12: 0.45µg (7.56%), Vitamin E: 0.42mg (2.81%), Vitamin D: 0.17µg (1.13%)