



Chicken with Tomato Pan Sauce

 Popular

READY IN



20 min.

SERVINGS



2

CALORIES



785 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 tablespoons basil chopped
- ☐ 2 tablespoons butter
- ☐ 2 cups cherry tomatoes
- ☐ 0.8 cup regular corn
- ☐ 2 tablespoons flour
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 cloves garlic chopped

- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup parmigiano reggiano grated (parmesan)
- ☐ 1 cup polenta
- ☐ 0.3 teaspoon salt
- ☐ 2 servings salt and pepper to taste
- ☐ 2 chicken breasts boneless skinless
- ☐ 4 cups water

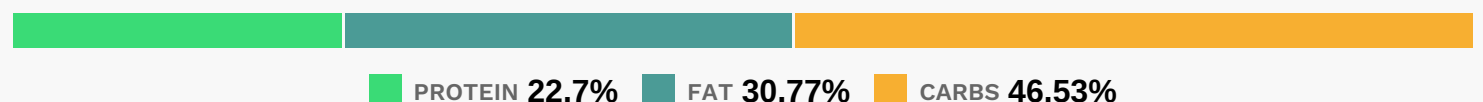
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Mix the butter, garlic, oregano and paprika. Pat the chicken dry, season it with salt and pepper and dust it with the flour. Melt 1 tablespoon of the butter into the oil in a pan over medium-high heat.
- ☐ Add the chicken and sautee until the chicken is golden brown and cooked through, about 3-4 minutes per side and set aside.
- ☐ Add the tomatoes and cook while stirring until they start to char and burst open, about 5 minutes.
- ☐ Add the remaining butter and the balsamic vinegar. Crush the tomatoes and deglaze the pan using a wooden spoon.
- ☐ Remove from heat and stir in the basil, oregano and parsley. Slice the chicken, mix any juices into the tomato sauce and serve with the sauce spooned over the chicken.

Nutrition Facts



Properties

Glycemic Index:207.25, Glycemic Load:11.35, Inflammation Score:-10, Nutrition Score:32.688695487769%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 785.14kcal (39.26%), Fat: 26.97g (41.49%), Saturated Fat: 12.8g (80.01%), Carbohydrates: 91.75g (30.58%), Net Carbohydrates: 86.87g (31.59%), Sugar: 8.43g (9.37%), Cholesterol: 119.42mg (39.81%), Sodium: 1151.99mg (50.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.76g (89.52%), Selenium: 59.38µg (84.82%), Vitamin B3: 15.21mg (76.03%), Vitamin B6: 1.26mg (62.81%), Phosphorus: 578.66mg (57.87%), Vitamin K: 59.58µg (56.74%), Vitamin C: 42.5mg (51.51%), Vitamin A: 2175.67IU (43.51%), Calcium: 379.37mg (37.94%), Potassium: 1080.52mg (30.87%), Manganese: 0.58mg (29.06%), Vitamin B5: 2.86mg (28.63%), Magnesium: 105.87mg (26.47%), Vitamin B1: 0.37mg (24.34%), Iron: 4.02mg (22.35%), Vitamin B2: 0.36mg (20.95%), Fiber: 4.88g (19.51%), Copper: 0.36mg (17.99%), Vitamin E: 2.51mg (16.76%), Zinc: 2.49mg (16.6%), Folate: 65.33µg (16.33%), Vitamin B12: 0.55µg (9.16%), Vitamin D: 0.24µg (1.59%)