



Dill Chicken Paillards with Tomato-Dill Relish



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup optional: dill chopped
- ☐ 1 tablespoon coarse mustard
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons shallots finely chopped
- ☐ 24 ounces chicken breast halves boneless skinless
- ☐ 1 tomatoes quartered
- ☐ 1 tablespoon citrus champagne vinegar

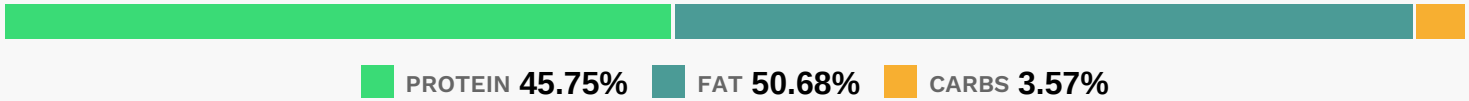
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ grill pan
- ☐ meat tenderizer

Directions

- ☐ Prepare grill for direct-heat cooking over hot charcoal (medium-high heat for gas); see Grilling Procedure.
- ☐ Pound chicken 1/4 inch thick between 2 sheets of plastic wrap with flat side of a meat pounder or with a rolling pin.
- ☐ Whisk together oil, dill, shallot, mustard, and vinegar in a large bowl. Set aside 1/4 cup.
- ☐ Sprinkle chicken evenly with 1 teaspoon salt and 1/2 teaspoon pepper, then add to dill mixture, turning to coat.
- ☐ Toss tomatoes with reserved dill mixture and 1/4 teaspoon each of salt and pepper.
- ☐ Grill chicken, turning once, until just cooked through, 3 to 4 minutes total.
- ☐ Serve topped with relish.
- ☐ Chicken can be cooked in a hot grill pan over medium-high heat, turning once, 5 to 7 minutes total.
- ☐ Per serving: Calories 276, Total fat 15g, Saturated Fat 2g, Cholesterol 68mg, Sodium 899mg, Carbohydrate 5g, Fiber 1g, Protein 28g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:19.318260623061%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 328.45kcal (16.42%), Fat: 18.13g (27.9%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.45g (1.61%), Cholesterol: 108.86mg (36.29%), Sodium: 243.36mg (10.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.66%), Vitamin B3: 18.01mg (90.03%), Selenium: 55.8µg (79.71%), Vitamin B6: 1.33mg (66.63%), Phosphorus: 375.37mg (37.54%), Vitamin B5: 2.5mg (24.96%), Potassium: 756.19mg (21.61%), Vitamin E: 2.45mg (16.33%), Magnesium: 52.75mg (13.19%), Vitamin C: 9.38mg (11.38%), Vitamin B2: 0.19mg (11.09%), Vitamin A: 536.86IU (10.74%), Vitamin K: 11.01µg (10.49%), Vitamin B1: 0.13mg (8.9%), Zinc: 1.12mg (7.47%), Manganese: 0.14mg (6.85%), Iron: 1.15mg (6.38%), Vitamin B12: 0.34µg (5.67%), Folate: 18.64µg (4.66%), Copper: 0.08mg (3.91%), Fiber: 0.83g (3.33%), Calcium: 23.19mg (2.32%), Vitamin D: 0.17µg (1.13%)