



Dinner Tonight: Chicken with Tomato-Saffron Vinaigrette with Mixed Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 head salad leaves curly endive mixed good
- ☐ 4 tablespoons olive oil
- ☐ 1.5 teaspoons paprika hot
- ☐ 3 tablespoons rice vinegar white
- ☐ 0.1 teaspoon saffron threads crumbled

- ☐ 0.5 cup shallots minced
- ☐ 1 pint cherry tomatoes chopped

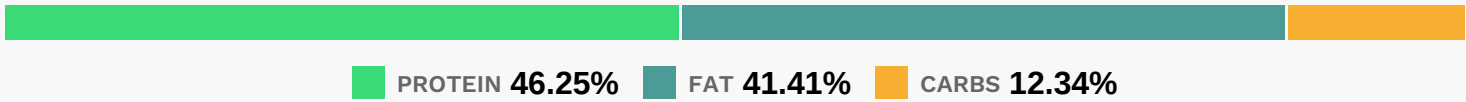
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, combine vinegar, shallots, saffron, and 1/2 teaspoon of paprika.
- ☐ Whisk to combine, then slowly whisk in 3 tablespoons of the olive oil to create a dressing.
- ☐ Sprinkle in half the thyme and add the tomatoes, mixing to combine. Season to taste with salt and pepper.
- ☐ Season the chicken breasts with salt, pepper, and remaining paprika and thyme.
- ☐ Heat a skillet with the remaining olive oil over medium heat and saute breasts on both sides until cooked through.
- ☐ Remove the chicken and turn off the heat.
- ☐ Add the vinaigrette to the pan to deglaze and warm through.
- ☐ Slice the chicken and divide the frisee or greens among 4 plates. Fan the chicken on the salads, then spoon the vinaigrette over and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:40.097391304762%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 444.8kcal (22.24%), Fat: 20.34g (31.29%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 13.64g (4.54%), Net Carbohydrates: 8.85g (3.22%), Sugar: 5.75g (6.39%), Cholesterol: 144.64mg (48.21%), Sodium: 305.5mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.1g (102.21%), Vitamin K: 181.18µg (172.55%), Vitamin B3: 24.68mg (123.41%), Selenium: 73.54µg (105.06%), Vitamin B6: 1.98mg (98.79%), Vitamin A: 4413.25IU (88.27%), Vitamin C: 51.22mg (62.09%), Phosphorus: 558.57mg (55.86%), Potassium: 1469.01mg (41.97%), Vitamin B5: 4.15mg (41.47%), Vitamin E: 4.61mg (30.77%), Manganese: 0.57mg (28.32%), Magnesium: 99.63mg (24.91%), Folate: 98.57µg (24.64%), Vitamin B2: 0.34mg (20.01%), Fiber: 4.79g (19.15%), Iron: 3.36mg (18.64%), Copper: 0.37mg (18.4%), Vitamin B1: 0.24mg (16.2%), Zinc: 1.93mg (12.86%), Calcium: 108.51mg (10.85%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)