



Dinner Tonight: Fennel-Dusted Chicken with Brown Butter and Capers

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 skin-on chicken breasts boneless
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon canola oil
- ☐ 1 tablespoon capers drained
- ☐ 0.5 tablespoon fennel seeds finely
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon salt

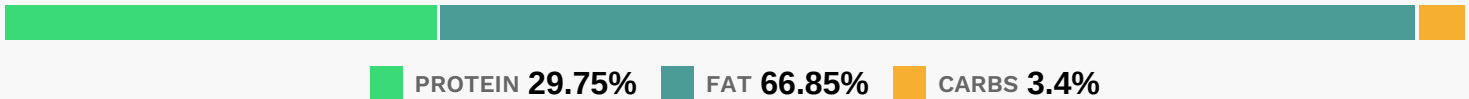
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Mix together the ground fennel and salt. Dry the chicken breasts, and then sprinkle the fennel salt all over the chicken breasts.
- ☐ Add 1 tablespoon of the butter and all of the oil to a skillet set over medium heat.
- ☐ Place the chicken breasts skin-side down in the skillet. Cook for 5 to 6 minutes a side, until cooked all the way through. Set the chicken breasts aside.
- ☐ Pour in the capers and orange juice, bring to a boil and scrap any browned bits with a wooden spoon. Cook for a minute or so, or until thick. Turn off the heat, and add the rest of the butter. Stir well.
- ☐ Plate the chicken and pour the sauce over the chicken.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:10.904782637306%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 326.17kcal (16.31%), Fat: 24.1g (37.07%), Saturated Fat: 10.37g (64.81%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2g (0.73%), Sugar: 1.45g (1.61%), Cholesterol: 102.42mg (34.14%), Sodium: 1436.2mg (62.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.26%), Vitamin B3: 11.39mg (56.93%), Vitamin B6: 0.61mg (30.7%), Selenium: 18.97µg (27.09%), Phosphorus: 210.57mg (21.06%), Vitamin C: 8.99mg (10.89%), Vitamin A: 485.2IU (9.7%), Vitamin B5: 0.96mg (9.57%), Magnesium: 37.53mg (9.38%), Potassium: 313.21mg (8.95%),

Vitamin B2: 0.12mg (6.87%), Iron: 1.23mg (6.82%), Vitamin E: 1.02mg (6.81%), Vitamin B12: 0.41µg (6.8%), Zinc: 1mg (6.64%), Manganese: 0.13mg (6.34%), Vitamin B1: 0.09mg (6.27%), Copper: 0.08mg (4.17%), Calcium: 37.92mg (3.79%), Vitamin K: 3.41µg (3.24%), Fiber: 0.76g (3.04%), Vitamin D: 0.45µg (3.01%), Folate: 10.96µg (2.74%)