



Dinner Tonight: Flattened Chicken with Tomato-Saffron Vinaigrette on Arugula

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula
- ☐ 2 skin-on chicken breasts boneless
- ☐ 0.5 pint cherry tomatoes halved
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon paprika
- ☐ 0.1 teaspoon saffron threads

- ☐ 2 servings salt and pepper
- ☐ 0.3 cup shallots minced
- ☐ 1.5 tablespoons citrus champagne vinegar

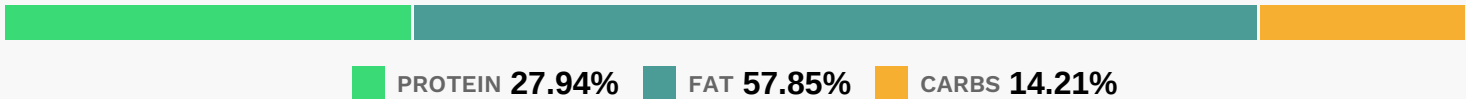
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Combine the vinegar, 1/4 teaspoon of the paprika, and the saffron in a bowl. Slowly whisk in the olive oil. Stir in the shallots, 1/2 tablespoon of the thyme, and the tomatoes. Season with salt and pepper.
- ☐ Flatten the chicken breasts with a mallet or the bottom of a large skillet. Season both sides with a pinch of salt and pepper and the rest of the paprika and thyme.
- ☐ Pour the rest of the oil into a skillet set over medium-high heat.
- ☐ Add the chicken breasts, skin-side down. Cook for about 5 minutes, then flip and cook on the other side. Check for done-ness using a meat thermometer. Cook for an additional two minutes a side if necessary.
- ☐ Add a handful of arugula to two plates. Top each with a chicken breast. Spoon on some of the tomato-saffron vinaigrette.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:25.732173639795%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg, Luteolin: 3.2mg Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg

Kaempferol: 19.73mg, Kaempferol: 19.73mg, Kaempferol: 19.73mg, Kaempferol: 19.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 386.16kcal (19.31%), Fat: 25.2g (38.77%), Saturated Fat: 5.06g (31.61%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 10g (3.64%), Sugar: 6.51g (7.23%), Cholesterol: 72.32mg (24.11%), Sodium: 299.12mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.76%), Vitamin K: 74.16µg (70.63%), Vitamin B3: 12.26mg (61.3%), Vitamin C: 49.08mg (59.5%), Vitamin A: 2716.17IU (54.32%), Vitamin B6: 0.88mg (43.8%), Phosphorus: 287.55mg (28.75%), Selenium: 19.92µg (28.46%), Manganese: 0.55mg (27.55%), Potassium: 878.09mg (25.09%), Iron: 4.33mg (24.06%), Vitamin E: 3.46mg (23.04%), Folate: 88.28µg (22.07%), Magnesium: 84.66mg (21.17%), Calcium: 157.79mg (15.78%), Fiber: 3.92g (15.68%), Vitamin B5: 1.44mg (14.41%), Vitamin B2: 0.22mg (12.87%), Copper: 0.25mg (12.36%), Vitamin B1: 0.16mg (10.81%), Zinc: 1.62mg (10.78%), Vitamin B12: 0.38µg (6.4%), Vitamin D: 0.45µg (3.01%)