



Garlic Chicken with Rosemary

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken cutlets
- 0.3 cup flour all-purpose
- 2 tablespoons rosemary leaves fresh chopped
- 6 cloves garlic minced
- 1 juice of lemon finely grated
- 1 cup chicken broth low-sodium
- 3 tablespoons olive oil
- 4 servings salt and pepper

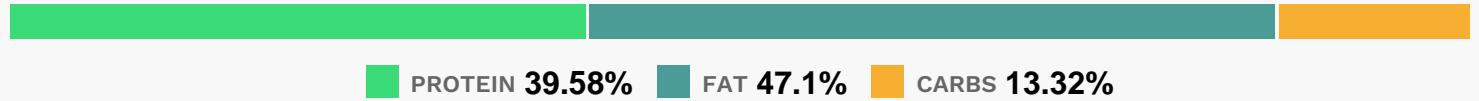
Equipment

frying pan

Directions

- On a plate, mix flour with 1 Tbsp. rosemary, 1 tsp. salt and 1/2 tsp. pepper. Dredge chicken cutlets in seasoned flour; shake to remove excess.
- Warm 2 Tbsp. oil in a large skillet over medium-high heat.
- Add cutlets and cook until golden, 2 to 3 minutes per side.
- Remove to a plate; cover loosely. Wipe out skillet, leaving behind browned bits.
- Place skillet over low heat and warm 1 Tbsp. oil.
- Add garlic and 1 Tbsp. rosemary; stir for 1 minute.
- Add chicken broth and lemon zest and juice, scraping up browned bits on the skillet. Raise heat to medium; boil until sauce has thickened, about 5 minutes. Season with salt and pepper. Return chicken with juices to skillet, turning to coat.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:4.73, Inflammation Score:-4, Nutrition Score:13.965217440025%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 269.64kcal (13.48%), Fat: 13.97g (21.49%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 8.41g (3.06%), Sugar: 0.33g (0.37%), Cholesterol: 72.57mg (24.19%), Sodium: 344.5mg

(14.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.81%), Vitamin B3: 13.14mg (65.72%), Selenium: 39.58µg (56.55%), Vitamin B6: 0.92mg (46.06%), Phosphorus: 272.42mg (27.24%), Vitamin B5: 1.69mg (16.95%), Potassium: 511.27mg (14.61%), Vitamin E: 1.75mg (11.65%), Vitamin B2: 0.18mg (10.43%), Vitamin B1: 0.15mg (9.67%), Magnesium: 34.28mg (8.57%), Manganese: 0.16mg (7.83%), Vitamin C: 5.89mg (7.13%), Vitamin K: 6.65µg (6.33%), Iron: 1.12mg (6.2%), Zinc: 0.84mg (5.58%), Folate: 21.56µg (5.39%), Vitamin B12: 0.29µg (4.76%), Copper: 0.09mg (4.49%), Calcium: 21.19mg (2.12%), Fiber: 0.47g (1.88%), Vitamin A: 64.11IU (1.28%)