



Gluten-Free Skillet Lemon Chicken

READY IN



20 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cake flour gluten free all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 4 small chicken breast boneless skinless
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon butter
- ☐ 2 cloves garlic finely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup chicken broth gluten-free

- ☐ 0.3 cup wine dry white
- ☐ 0.5 cup grape tomatoes
- ☐ 2 tablespoons parsley fresh italian chopped (flat-leaf)

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ In shallow pan, stir together flour blend, salt and pepper; set aside.
- ☐ Between pieces of plastic wrap or waxed paper, place chicken breasts smooth sides down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ In 10-inch nonstick skillet, heat half the olive oil over medium-high heat. Coat 2 pieces chicken in flour blend mixture.
- ☐ Add to skillet. Cook about 6 minutes, turning halfway through cooking, until chicken is no longer pink in center.
- ☐ Remove chicken to plate; keep warm. Repeat with remaining oil and chicken. (Reserve 1 tablespoon flour blend mixture.)
- ☐ In same skillet, melt butter over medium heat. Cook and stir garlic in butter about 1 minute or just until golden. Stir in reserved flour blend mixture.
- ☐ Add lemon juice and chicken broth; heat to boiling.
- ☐ Add wine and tomatoes; return boiling. Cook and stir about 1 minute longer or until sauce is slightly thickened. Season with additional salt and pepper, if desired. Return chicken to skillet, coating in sauce and cooking until heated through. Divide chicken mixture among 4 serving plates, spooning sauce over chicken.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:5.35, Inflammation Score:-5, Nutrition Score:15.768695789835%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.71mg, Hesperetin: 1.71mg, Hesperetin: 1.71mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 311.91kcal (15.6%), Fat: 16.6g (25.53%), Saturated Fat: 3.94g (24.59%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.82g (3.57%), Sugar: 1.16g (1.29%), Cholesterol: 80.43mg (26.81%), Sodium: 702.48mg (30.54%), Alcohol: 2.06g (100%), Alcohol %: 1.18% (100%), Protein: 25.85g (51.71%), Vitamin B3: 12.14mg (60.69%), Selenium: 40.71µg (58.15%), Vitamin B6: 0.9mg (45.08%), Vitamin K: 41.61µg (39.63%), Phosphorus: 262.24mg (26.22%), Vitamin B5: 1.72mg (17.23%), Potassium: 525.19mg (15.01%), Vitamin C: 11.39mg (13.81%), Vitamin E: 2mg (13.32%), Manganese: 0.22mg (11.01%), Magnesium: 38.89mg (9.72%), Vitamin A: 447.96IU (8.96%), Vitamin B2: 0.15mg (8.83%), Vitamin B1: 0.1mg (6.84%), Zinc: 0.87mg (5.81%), Iron: 0.88mg (4.9%), Folate: 16.43µg (4.11%), Vitamin B12: 0.24µg (3.96%), Copper: 0.08mg (3.93%), Fiber: 0.67g (2.67%), Calcium: 20.52mg (2.05%)