



WHATSheATE



Grilled Chicken with Jalapeno Caramelized Onions



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 1 cup chicken broth divided reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 4 servings roasted garlic seasoning salt-free (recommended: McCormick)

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 serrano peppers minced seeded
- ☐ 8 chicken breast halves boneless skinless
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ tongs
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat a stove-top grill pan or griddle to medium high heat and coat with cooking spray.
- ☐ Remove chicken from package and place on a plastic cutting board. Season both sides of chicken with salt, black pepper and garlic seasoning. Using tongs add chicken to hot pan and cook 3 to 5 minutes per side, or until cooked through.
- ☐ Heat large skillet over medium-high heat with oil.
- ☐ Add onion, jalapeno and sugar and cook 5 to 7 minutes stirring occasionally with a spoon, until golden brown.
- ☐ Add 3/4 cup of the chicken broth and bay leaves and bring to a simmer for 5 minutes.
- ☐ Pour remaining 1/4 cup chicken broth into a bowl.
- ☐ Whisk in cornstarch until it is completely dissolved and add to the pan. Bring onion mixture to a full boil, reduce heat and simmer until the sauce thickens. Using tongs, discard the bay leaves and remove the pan from heat.
- ☐ Serve 4 of the chicken breast halves with all of the onion sauce spooned over top and all of the rice on the side. Reserve remaining 4 chicken breast halves for sandwiches.

Nutrition Facts

 **PROTEIN 58.89%**  **FAT 26.06%**  **CARBS 15.05%**

Properties

Glycemic Index:47.77, Glycemic Load:5.32, Inflammation Score:-6, Nutrition Score:24.297391124394%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg, Quercetin: 8.66mg

Nutrients (% of daily need)

Calories: 347.49kcal (17.37%), Fat: 9.82g (15.11%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 11.79g (4.29%), Sugar: 7.92g (8.8%), Cholesterol: 144.64mg (48.21%), Sodium: 283.64mg (12.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.92g (99.84%), Vitamin B3: 24.52mg (122.61%), Selenium: 73.03µg (104.33%), Vitamin B6: 1.8mg (90.1%), Phosphorus: 511.19mg (51.12%), Vitamin K: 36.09µg (34.37%), Vitamin B5: 3.3mg (33.03%), Potassium: 979.38mg (27.98%), Magnesium: 66.02mg (16.51%), Vitamin B2: 0.26mg (15.51%), Vitamin C: 10.64mg (12.89%), Vitamin B1: 0.17mg (11.5%), Zinc: 1.51mg (10.04%), Vitamin B12: 0.51µg (8.52%), Manganese: 0.16mg (8.1%), Iron: 1.3mg (7.24%), Vitamin E: 0.98mg (6.54%), Copper: 0.13mg (6.25%), Vitamin A: 269.1IU (5.38%), Folate: 20.57µg (5.14%), Fiber: 0.97g (3.87%), Calcium: 32.35mg (3.24%), Vitamin D: 0.23µg (1.51%)