



Herb-Parmesan Chicken Breasts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small clove garlic
- 1 teaspoon lemon zest grated
- 0.5 cup chicken broth low-sodium
- 1 cup parmesan grated
- 0.5 cup parsley loosely packed
- 4 servings salt and pepper
- 24 oz chicken breast halves boneless skinless
- 1 tablespoon butter unsalted

- 1 tablespoon vegetable oil

Equipment

- frying pan
- aluminum foil
- rolling pin
- cutting board

Directions

- Place lemon zest, garlic and parsley on a cutting board. Gather and chop repeatedly until mixture resembles coarse sand. Set aside.
- Place chicken between 2 sheets of waxed paper and pound flat with a rolling pin. Season with salt and pepper.
- Melt butter in a large skillet with oil over medium-high heat.
- Add chicken; cook until browned, 2 to 3 minutes per side.
- Transfer to a plate and cover loosely with foil to keep warm.
- Pour off fat from skillet and add broth. Increase heat to high and bring to a boil, stirring to pick up browned bits. Boil until liquid has thickened and reduced to 2 Tbsp., about 2 minutes.
- Return chicken to skillet; top with cheese. Reduce heat to medium and cover.
- Heat until cheese is melted and chicken is cooked through, 3 minutes.
- Transfer to plates and drizzle with juices from skillet.
- Sprinkle with lemon-garlic mixture.

Nutrition Facts

 **PROTEIN 52.85%**  **FAT 44.89%**  **CARBS 2.26%**

Properties

Glycemic Index:22.25, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:26.195217163666%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 355.83kcal (17.79%), Fat: 17.34g (26.68%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.33g (0.37%), Cholesterol: 133.39mg (44.46%), Sodium: 805.2mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.95g (91.89%), Vitamin K: 130.28µg (124.07%), Vitamin B3: 18.32mg (91.6%), Selenium: 60.21µg (86.01%), Vitamin B6: 1.32mg (65.84%), Phosphorus: 545.95mg (54.6%), Calcium: 319.02mg (31.9%), Vitamin B5: 2.58mg (25.77%), Potassium: 723.97mg (20.68%), Vitamin A: 965.86IU (19.32%), Vitamin B2: 0.27mg (15.98%), Vitamin C: 12.9mg (15.63%), Magnesium: 59.61mg (14.9%), Zinc: 1.8mg (11.98%), Vitamin B12: 0.68µg (11.26%), Vitamin B1: 0.13mg (8.47%), Iron: 1.38mg (7.67%), Vitamin E: 0.8mg (5.3%), Folate: 20.15µg (5.04%), Copper: 0.08mg (4.18%), Manganese: 0.06mg (2.78%), Vitamin D: 0.35µg (2.32%), Fiber: 0.32g (1.26%)