

Herbed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 24 ounce chicken breast halves boneless skinless

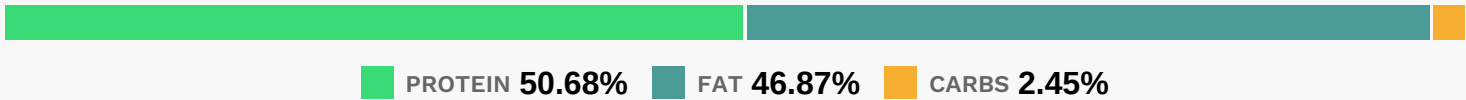
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine olive oil, minced shallots, rosemary, thyme, and minced garlic in a zip-top plastic bag.
- ☐ Add chicken breast halves. Marinate in the refrigerator 2 hours.
- ☐ Remove chicken from bag; sprinkle with salt and pepper.
- ☐ Brush the herb mixture evenly over chicken.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook for 6 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:17.543043514957%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 294.54kcal (14.73%), Fat: 14.97g (23.03%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.41g (0.45%), Cholesterol: 108.86mg (36.29%), Sodium: 489.31mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.42g (72.83%), Vitamin B3: 17.79mg (88.93%), Selenium: 54.71µg (78.16%), Vitamin B6: 1.32mg (65.77%), Phosphorus: 364.09mg (36.41%), Vitamin B5: 2.46mg (24.57%), Potassium: 663.33mg (18.95%), Vitamin E: 1.84mg (12.26%), Magnesium: 47.93mg (11.98%), Vitamin B2: 0.18mg (10.5%), Vitamin B1: 0.12mg (7.71%), Zinc: 1.05mg (6.99%), Vitamin K: 6.93µg (6.6%), Vitamin B12: 0.34µg

(5.67%), Vitamin C: 4.62mg (5.6%), Iron: 1mg (5.53%), Manganese: 0.1mg (5.19%), Copper: 0.06mg (3.19%), Folate: 9.57µg (2.39%), Vitamin A: 114.18IU (2.28%), Calcium: 19.54mg (1.95%), Fiber: 0.43g (1.73%), Vitamin D: 0.17µg (1.13%)