



Honey-Garlic-Balsamic Chicken Breasts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast boneless skinless
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon pepper
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup chicken broth (from 32-oz carton)
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1.5 teaspoons honey
- ☐ 3 garlic clove chopped

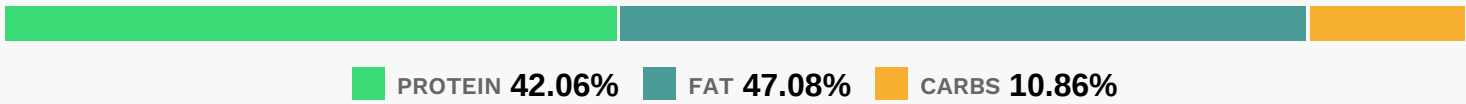
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Pat chicken dry with paper towels.
- ☐ Sprinkle with salt and pepper.
- ☐ In 10- or 12-inch skillet, melt butter over medium-high heat.
- ☐ Add oil.
- ☐ Place chicken in skillet; cook 6 to 7 minutes on each side until both sides are browned and juice of chicken is clear when center of thickest part is cut (at least 165°F).
- ☐ Place chicken on plate; cover with foil to keep warm.
- ☐ In same skillet, mix broth, vinegar, lemon juice, honey and garlic. Cook about 5 minutes or until sauce has thickened, scraping bottom of skillet with pancake turner to loosen browned bits.
- ☐ Cut chicken diagonally into slices.
- ☐ Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:53.57, Glycemic Load:2.76, Inflammation Score:-3, Nutrition Score:12.116956560508%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 239.15kcal (11.96%), Fat: 12.2g (18.77%), Saturated Fat: 4.74g (29.6%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 6.14g (2.23%), Sugar: 4.79g (5.32%), Cholesterol: 87.96mg (29.32%), Sodium: 870.8mg (37.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin B3: 11.88mg (59.41%), Selenium: 36.72µg (52.45%), Vitamin B6: 0.88mg (43.91%), Phosphorus: 247.82mg (24.78%), Vitamin B5: 1.65mg (16.48%), Potassium: 463.97mg (13.26%), Magnesium: 33.44mg (8.36%), Vitamin B2: 0.14mg (8.1%), Manganese: 0.16mg (7.84%), Vitamin E: 0.91mg (6.04%), Vitamin B1: 0.08mg (5.65%), Zinc: 0.74mg (4.91%), Vitamin C: 3.52mg (4.27%), Vitamin A: 212.58IU (4.25%), Vitamin B12: 0.24µg (4.06%), Iron: 0.68mg (3.78%), Vitamin K: 3.68µg (3.5%), Copper: 0.05mg (2.72%), Calcium: 19.87mg (1.99%), Folate: 5.68µg (1.42%)