



Italian Pan-Cooked Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



26 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 oz skinned and boned chicken breasts
- ☐ 4 servings italian-mustard marinade
- ☐ 1 Tbsp olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

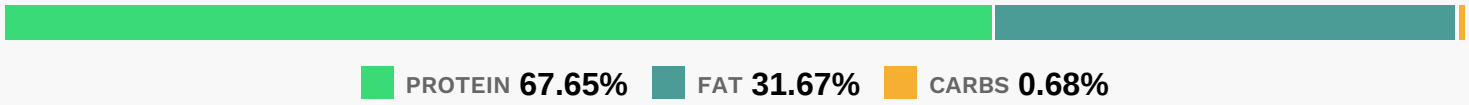
Equipment

- ☐ frying pan

Directions

- ☐
- Pour Italian–Mustard Marinade into a shallow dish or large zip–top plastic freezer bag; add chicken breasts. Cover or seal, and chill at least 8 hours or up to 24 hours, turning occasionally.
- ☐
- Remove chicken from marinade, discarding marinade. Pat chicken dry, and sprinkle with salt and pepper. Cook chicken in hot olive oil in large skillet over medium heat 6 to 8 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.05, Inflammation Score:–3, Nutrition Score:19.126956390298%

Nutrients (% of daily need)

Calories: 260.85kcal (13.04%), Fat: 8.82g (13.56%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.07g (0.08%), Cholesterol: 127.01mg (42.34%), Sodium: 866.69mg (37.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.37g (84.74%), Vitamin B3: 20.73mg (103.64%), Selenium: 65.22µg (93.17%), Vitamin B6: 1.49mg (74.53%), Phosphorus: 422.53mg (42.25%), Vitamin B5: 2.85mg (28.46%), Potassium: 745.23mg (21.29%), Magnesium: 54.44mg (13.61%), Vitamin B2: 0.2mg (11.89%), Vitamin B1: 0.14mg (9.12%), Zinc: 1.19mg (7.92%), Vitamin B12: 0.4µg (6.61%), Vitamin E: 0.9mg (6.01%), Iron: 0.86mg (4.79%), Manganese: 0.08mg (4.2%), Copper: 0.06mg (3.05%), Vitamin C: 2.4mg (2.91%), Vitamin K: 2.99µg (2.85%), Folate: 8.33µg (2.08%), Calcium: 14.57mg (1.46%), Vitamin D: 0.2µg (1.32%), Vitamin A: 64.45IU (1.29%), Fiber: 0.28g (1.11%)