



Juicy Italian Chicken

 Gluten Free  Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar to taste
- 1 tablespoon butter
- 0.3 cup wine dry white
- 1 teaspoon juice of lemon to taste
- 3 tablespoons oregano fresh chopped
- 2 chicken breast halves boneless skinless

Equipment

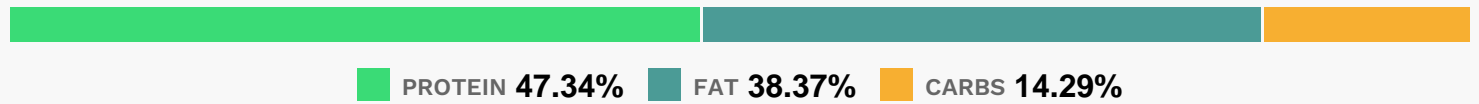
- frying pan

cutting board

Directions

- Lay the chicken breasts onto a cutting board, and slice each into thin halves. Melt the butter in a large skillet over medium heat.
- Place the chicken breasts into the hot skillet, and cook until golden brown.
- Sprinkle the breasts with oregano and lemon verbena, then turn over and cook until golden on the other side and no longer pink in the center, about 5 minutes total.
- Place chicken on a plate, and set aside.
- Pour the wine, vinegar, and lemon juice into the skillet. Increase heat to high, and bring the wine to a boil. Cook and stir until the wine has reduced by half, then add the chicken breasts, and simmer until reheated.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.9, Inflammation Score:-10, Nutrition Score:17.430869672609%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.07kcal (11.55%), Fat: 8.93g (13.74%), Saturated Fat: 4.36g (27.23%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 4.29g (1.56%), Sugar: 1.86g (2.06%), Cholesterol: 87.37mg (29.12%), Sodium: 181.33mg (7.88%), Alcohol: 3.09g (100%), Alcohol %: 2.33% (100%), Protein: 24.79g (49.59%), Vitamin B3: 12.17mg (60.86%), Selenium: 36.6µg (52.29%), Vitamin B6: 0.94mg (47.05%), Vitamin K: 47.46µg (45.2%), Phosphorus: 257.2mg (25.72%), Manganese: 0.44mg (21.85%), Iron: 3.32mg (18.44%), Vitamin B5: 1.7mg (17.04%), Potassium: 547.11mg (15.63%), Magnesium: 53.88mg (13.47%), Calcium: 132.12mg (13.21%), Fiber: 3.19g (12.78%), Vitamin E: 1.75mg (11.67%), Vitamin B2: 0.16mg (9.4%), Vitamin A: 336.55IU (6.73%), Zinc: 0.91mg (6.05%), Vitamin B1: 0.09mg (5.87%), Folate: 23.31µg (5.83%), Copper: 0.08mg (4.08%), Vitamin B12: 0.24µg (3.96%), Vitamin C: 2.5mg (3.03%)