



Lemon-Basil Chicken with Basil Aioli



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon bottled garlic minced
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon lemon pepper
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 0.5 teaspoon olive oil
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons citrus champagne vinegar

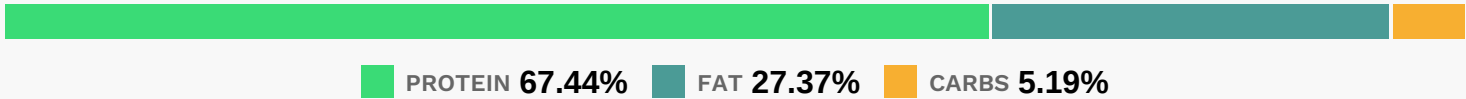
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ To prepare chicken, combine first 6 ingredients in a large bowl.
- ☐ Add chicken to basil mixture, turning to coat.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 8 minutes on each side or until done.
- ☐ While chicken cooks, prepare aioli.
- ☐ Combine 1/4 cup basil and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Serve with chicken.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:19.619130191596%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.95mg, Quercetin: 0.95mg,

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Nutrients (% of daily need)

Calories: 226.07kcal (11.3%), Fat: 6.61g (10.17%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.78g (0.87%), Cholesterol: 109.98mg (36.66%), Sodium: 278.3mg (12.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.3%), Vitamin B3: 17.86mg (89.29%), Selenium: 55.48µg (79.25%), Vitamin B6: 1.31mg (65.27%), Vitamin K: 40.98µg (39.03%), Phosphorus: 369.41mg (36.94%), Vitamin B5: 2.47mg (24.75%), Potassium: 693.88mg (19.83%), Magnesium: 51.66mg (12.92%), Vitamin C: 9.11mg (11.04%), Vitamin B2: 0.18mg (10.87%), Manganese: 0.17mg (8.36%), Vitamin B1: 0.12mg (8.27%), Vitamin A: 380.53IU (7.61%), Zinc: 1.1mg (7.3%), Iron: 1.03mg (5.74%), Vitamin B12: 0.34µg (5.67%), Folate: 17.95µg (4.49%), Vitamin E: 0.66mg (4.39%), Copper: 0.08mg (4.16%), Calcium: 28.56mg (2.86%), Fiber: 0.52g (2.07%), Vitamin D: 0.17µg (1.13%)