



Lemon Pepper Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1.3 teaspoons lemon pepper seasoning
- ☐ 1 teaspoon olive oil
- ☐ 24 ounce chicken breast halves boneless skinless

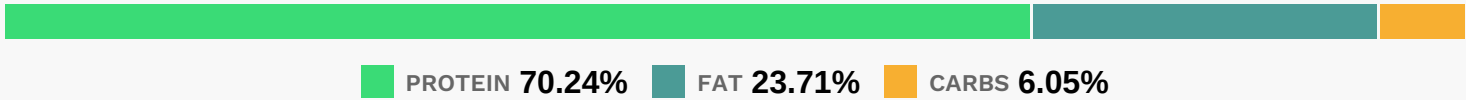
Equipment

- ☐ frying pan

Directions

- ☐
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐
- Sprinkle both sides of chicken breasts evenly with lemon pepper seasoning.
- ☐
- Add chicken to pan, and cook 4 to 5 minutes on each side or until chicken is done.
- ☐
- Transfer chicken to a serving platter, and keep warm.
- ☐
- Add broth and vinegar to pan; cook, stirring constantly, 1 minute or until slightly thickened. Spoon sauce over chicken.
- ☐
- carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:16.565652095753%

Nutrients (% of daily need)

Calories: 218.91kcal (10.95%), Fat: 5.45g (8.38%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.41g (2.68%), Cholesterol: 108.86mg (36.29%), Sodium: 259.15mg (11.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.33g (72.66%), Vitamin B3: 17.83mg (89.14%), Selenium: 54.77µg (78.25%), Vitamin B6: 1.28mg (63.89%), Phosphorus: 362.78mg (36.28%), Vitamin B5: 2.45mg (24.5%), Potassium: 659.78mg (18.85%), Magnesium: 47.35mg (11.84%), Vitamin B2: 0.17mg (10.25%), Vitamin B1: 0.11mg (7.37%), Zinc: 1.01mg (6.73%), Manganese: 0.13mg (6.38%), Vitamin B12: 0.37µg (6.14%), Iron: 0.83mg (4.61%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (3.05%), Vitamin C: 2.04mg (2.47%), Vitamin K: 1.97µg (1.87%), Folate: 7.05µg (1.76%), Calcium: 16.15mg (1.62%), Vitamin D: 0.17µg (1.13%), Vitamin A: 54.45IU (1.09%)