



Lemon-Spinach Chicken

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 1 halves garnish: grape tomato
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt
- ☐ 10 oz pkt spinach fresh
- ☐ 24 oz pilgrim's pride eatwellstayhealthy boneless skinless
- ☐ 24 oz pilgrim's pride eatwellstayhealthy boneless skinless

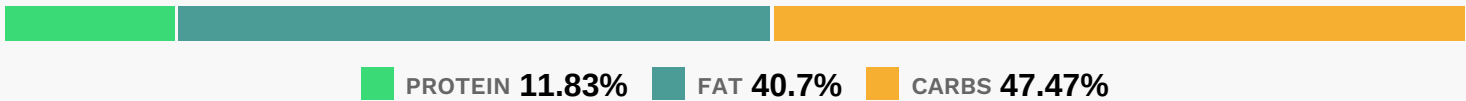
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook spinach in a lightly greased large nonstick skillet over medium-high heat, stirring often, 2 minutes or until wilted.
- ☐ Transfer spinach to a bowl.
- ☐ Combine flour, salt, and pepper in a shallow dish; dredge chicken in flour mixture.
- ☐ Melt butter in skillet; add chicken, and cook 4 to 5 minutes on each side or until golden and done.
- ☐ Remove chicken from skillet, reserving drippings in skillet.
- ☐ Add chicken broth and next 4 ingredients to skillet, and bring to a boil, stirring to loosen particles from bottom of skillet. Cook, stirring occasionally, 2 minutes or until reduced by half. Stir in spinach, and cook 1 minute or until thoroughly heated.
- ☐ Serve chicken over spinach mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:9.18, Inflammation Score:-10, Nutrition Score:19.776086944601%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 142.22kcal (7.11%), Fat: 6.2g (9.54%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 16.28g (5.43%), Net Carbohydrates: 14.13g (5.14%), Sugar: 0.85g (0.94%), Cholesterol: 15.64mg (5.21%), Sodium: 647.49mg (28.15%), Alcohol: 1.54g (100%), Alcohol %: 1.31% (100%), Protein: 4.06g (8.11%), Vitamin K: 343.37µg (327.02%), Vitamin A: 6825.64IU (136.51%), Folate: 168.14µg (42.03%), Manganese: 0.83mg (41.63%), Vitamin C: 23.97mg (29.05%), Magnesium: 62.73mg (15.68%), Iron: 2.77mg (15.4%), Vitamin B2: 0.24mg (13.93%), Potassium: 448.36mg (12.81%), Vitamin B1: 0.19mg (12.71%), Vitamin E: 1.64mg (10.93%), Selenium: 6.45µg (9.21%), Vitamin B6: 0.18mg (8.83%), Fiber: 2.15g (8.62%), Calcium: 81.95mg (8.2%), Vitamin B3: 1.54mg (7.71%), Copper: 0.13mg (6.48%), Phosphorus: 60.57mg (6.06%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.16mg (1.56%)