



Lemony Goat-Cheese Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 2 garlic cloves peeled cut in half lengthwise
- ☐ 4 ounces goat cheese soft
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil

☐ 4 chicken breast halves boneless skinless

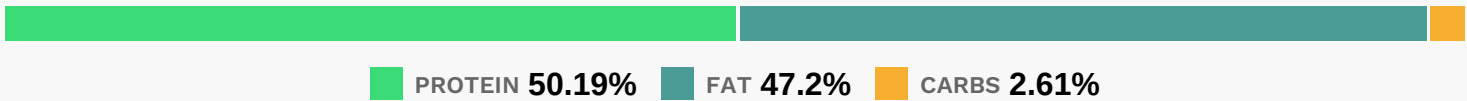
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Using a rolling pin, pound the chicken between 2 sheets of wax paper until they are of uniform thickness.
- ☐ Heat the oil and garlic in a large skillet over medium-high heat until the oil shimmers and the garlic browns. (Don't burn the garlic.)
- ☐ Add the chicken breasts and cook until golden, 3 to 5 minutes on each side.
- ☐ Add the salt, pepper, chicken broth, thyme and lemon zest. Cover, reduce heat to medium-low, and cook 3 minutes longer or until the chicken is fork-tender.
- ☐ Remove the chicken to a platter and keep warm. Increase heat to high and boil the sauce until thickened or syrupy, 3 to 5 minutes.
- ☐ Whisk in the goat cheese and pour the sauce over the chicken.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:14.30695670584%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 247.77kcal (12.39%), Fat: 12.79g (19.67%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.37g (0.41%), Cholesterol: 85.36mg (28.45%), Sodium: 834.94mg (36.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.59g (61.18%), Vitamin B3: 12.75mg (63.74%), Selenium: 37.18µg (53.11%), Vitamin B6: 0.95mg (47.32%), Phosphorus: 331.15mg (33.11%), Vitamin B5: 1.82mg (18.19%), Vitamin B2: 0.25mg (14.43%), Potassium: 490.6mg (14.02%), Copper: 0.28mg (14.02%), Magnesium: 36.74mg (9.19%), Vitamin A: 375.19IU (7.5%), Iron: 1.32mg (7.33%), Zinc: 1.01mg (6.76%), Vitamin B1: 0.1mg (6.4%), Vitamin B12: 0.34µg (5.65%), Calcium: 55.97mg (5.6%), Vitamin E: 0.77mg (5.15%), Manganese: 0.1mg (5.09%), Vitamin C: 4.07mg (4.93%), Vitamin K: 3.03µg (2.89%), Folate: 8.5µg (2.12%), Vitamin D: 0.23µg (1.51%)