



Lucky's Quickie Chickie

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons balsamic vinegar to taste
- 0.1 teaspoon pepper black freshly ground
- 6 ounces chicken tenderloin strips
- 2 tablespoons basil fresh chopped
- 1.5 teaspoons honey
- 2 teaspoons olive oil
- 0.3 teaspoon salt

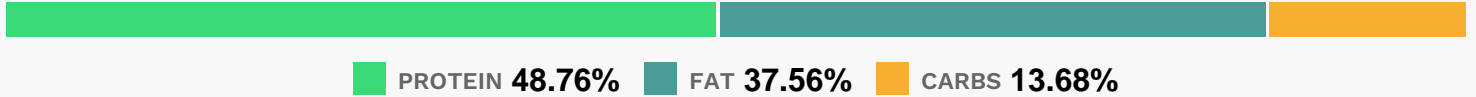
Equipment

frying pan

Directions

Heat olive oil in a nonstick skillet over medium-high heat. Season chicken with salt and pepper. Cook and stir chicken in the hot oil until chicken is no longer pink in the center, about 3 to 5 minutes. Stir basil, honey, and balsamic vinegar into chicken and cook for 1 more minute.

Nutrition Facts



Properties

Glycemic Index:102.14, Glycemic Load:2.61, Inflammation Score:-2, Nutrition Score:8.9973912498225%

Nutrients (% of daily need)

Calories: 152.35kcal (7.62%), Fat: 6.22g (9.57%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 5.02g (1.83%), Sugar: 4.88g (5.42%), Cholesterol: 54.43mg (18.14%), Sodium: 390.6mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.17g (36.33%), Vitamin B3: 8.9mg (44.48%), Selenium: 27.27µg (38.96%), Vitamin B6: 0.64mg (32.09%), Phosphorus: 180.84mg (18.08%), Vitamin B5: 1.22mg (12.21%), Vitamin K: 11.08µg (10.55%), Potassium: 329.27mg (9.41%), Magnesium: 24.17mg (6.04%), Vitamin B2: 0.09mg (5.22%), Vitamin E: 0.75mg (5.03%), Vitamin B1: 0.06mg (3.68%), Zinc: 0.53mg (3.51%), Manganese: 0.06mg (3.08%), Vitamin B12: 0.17µg (2.83%), Vitamin A: 131.7IU (2.63%), Iron: 0.46mg (2.58%), Copper: 0.04mg (1.77%), Vitamin C: 1.41mg (1.71%), Folate: 4.89µg (1.22%)