



Mint Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

Ingredients

- 0.5 cup flour all-purpose
- 0.5 cup mint leaves fresh chopped
- 1 clove garlic crushed
- 0.3 cup juice of lemon fresh
- 0.5 cup butter
- 2 chicken breast halves boneless skinless cut into bite-size pieces

Equipment

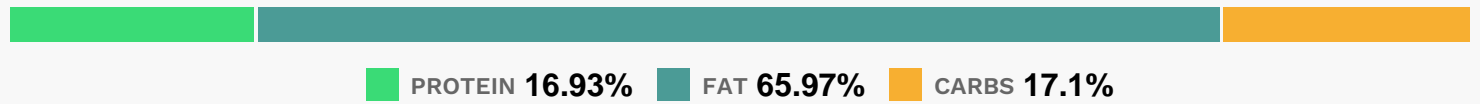
- bowl

frying pan

Directions

- In a medium bowl, mix together the chicken pieces and garlic. Toss with the flour just to coat, and shake off excess.
- Heat the margarine in a large skillet over medium-high heat.
- Add the chicken pieces; cook and stir until browned.
- Add the mint leaves and lemon juice, cover and steam for about 5 minutes, just until the chicken is cooked through. Do not over cook the chicken or it will be tough.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:8.7, Inflammation Score:-7, Nutrition Score:10.276956455863%

Flavonoids

Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 333.71kcal (16.69%), Fat: 24.55g (37.77%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 13.38g (4.87%), Sugar: 0.43g (0.48%), Cholesterol: 36.16mg (12.05%), Sodium: 335.45mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.35%), Vitamin B3: 6.94mg (34.69%), Selenium: 23.5µg (33.57%), Vitamin A: 1271.86IU (25.44%), Vitamin B6: 0.46mg (22.81%), Phosphorus: 148.52mg (14.85%), Vitamin B1: 0.17mg (11.43%), Vitamin C: 8.66mg (10.5%), Folate: 40.62µg (10.16%), Manganese: 0.2mg (9.78%), Vitamin B2: 0.16mg (9.54%), Vitamin B5: 0.94mg (9.41%), Potassium: 288.41mg (8.24%), Iron: 1.24mg (6.92%), Vitamin E: 1.02mg (6.8%), Magnesium: 24.58mg (6.15%), Fiber: 0.93g (3.73%), Zinc: 0.52mg (3.44%), Copper: 0.06mg (3.05%), Calcium: 29.62mg (2.96%), Vitamin B12: 0.14µg (2.36%)