



Pan-Glazed Chicken with Basil

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons basil fresh chopped
- 1 tablespoon honey
- 2 teaspoons olive oil
- 0.3 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 16 ounce skinned

Equipment

frying pan

Directions

- Sprinkle both sides of chicken with salt and pepper.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken; cook 5 minutes or until lightly browned. Turn chicken, and cook 6 minutes or until chicken is done. Stir in vinegar, honey, and basil; cook 1 additional minute.

Nutrition Facts

PROTEIN 58.82% **FAT 27.08%** **CARBS 14.1%**

Properties

Glycemic Index:51.07, Glycemic Load:2.96, Inflammation Score:-2, Nutrition Score:11.239565273342%

Nutrients (% of daily need)

Calories: 170.5kcal (8.52%), Fat: 4.95g (7.61%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.74g (2.09%), Sugar: 5.51g (6.12%), Cholesterol: 72.57mg (24.19%), Sodium: 424.38mg (18.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.35%), Vitamin B3: 11.84mg (59.22%), Selenium: 36.34µg (51.91%), Vitamin B6: 0.85mg (42.63%), Phosphorus: 240.62mg (24.06%), Vitamin B5: 1.62mg (16.23%), Potassium: 435.95mg (12.46%), Magnesium: 31.41mg (7.85%), Vitamin B2: 0.12mg (6.85%), Vitamin K: 5.79µg (5.51%), Vitamin B1: 0.07mg (4.87%), Zinc: 0.69mg (4.57%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.51mg (3.42%), Iron: 0.56mg (3.09%), Manganese: 0.06mg (2.99%), Copper: 0.04mg (2.02%), Vitamin C: 1.57mg (1.9%), Vitamin A: 87.45IU (1.75%), Folate: 5.34µg (1.34%), Calcium: 10.67mg (1.07%)