



Pan-roasted Lime Chicken with Salsa Verde

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cooking wine dry white
- 2 tablespoons cilantro leaves fresh chopped
- 6 garlic cloves pressed
- 2 juice of lime
- 1 lime thinly sliced
- 1 cup chicken broth low-sodium
- 2 tablespoons olive oil
- 0.3 teaspoon pepper freshly ground

- 0.5 cup salsa verde
- 0.3 teaspoon sea salt
- 4 chicken breast halves boneless skinless

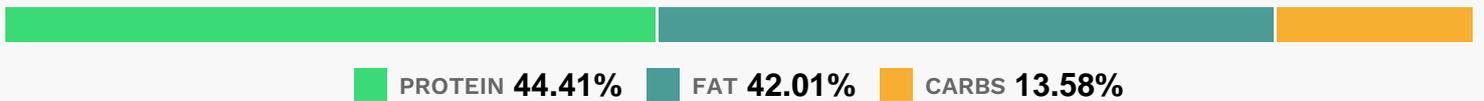
Equipment

- frying pan

Directions

- Sprinkle chicken evenly with sea salt and pepper.
- Heat oil in a large skillet over medium-high heat.
- Add chicken and lime slices, and cook 3 to 4 minutes or until lightly browned.
- Add lime juice; turn chicken, and cook 3 to 4 minutes more.
- Remove chicken and lime slices to a plate.
- Add garlic to skillet, and cook, stirring constantly, about 30 seconds; add wine, scraping browned bits from bottom of pan.
- Add chicken broth, and cook 5 to 7 minutes or until reduced by half. Return reserved chicken, lime slices, and any juices to pan. Reduce heat to low, and simmer 15 minutes or until chicken is cooked through.
- Remove from heat; sprinkle with cilantro, and serve warm with Salsa Verde.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:13.863043722899%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.67mg, Hesperetin: 8.67mg, Hesperetin: 8.67mg Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg, Naringenin: 0.74mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg
Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 253.86kcal (12.69%), Fat: 10.79g (16.6%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.19g (2.62%), Sugar: 2.71g (3.02%), Cholesterol: 72.32mg (24.11%), Sodium: 500.4mg (21.76%), Alcohol: 3.09g (100%), Alcohol %: 1.43% (100%), Protein: 25.67g (51.35%), Vitamin B3: 12.72mg (63.58%), Selenium: 36.92µg (52.74%), Vitamin B6: 0.94mg (46.83%), Phosphorus: 272.69mg (27.27%), Potassium: 602.97mg (17.23%), Vitamin B5: 1.71mg (17.08%), Vitamin C: 13.26mg (16.07%), Magnesium: 36.57mg (9.14%), Vitamin E: 1.3mg (8.68%), Vitamin B2: 0.15mg (8.61%), Manganese: 0.15mg (7.42%), Vitamin B1: 0.09mg (6.12%), Zinc: 0.84mg (5.57%), Vitamin K: 5.65µg (5.38%), Iron: 0.87mg (4.83%), Vitamin A: 240.92IU (4.82%), Vitamin B12: 0.28µg (4.75%), Copper: 0.09mg (4.62%), Calcium: 27.33mg (2.73%), Fiber: 0.66g (2.64%), Folate: 7.94µg (1.99%)