



 **22%**
HEALTH SCORE

Pan Seared Airline Breast

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 4 chicken breast (ribs removed and wing intact)
- 2 tablespoons garlic roughly chopped
- 0.5 teaspoon sea salt
- 1 cup leek julienned trimmed
- 1.5 tablespoons olive oil
- 1 cup olives spanish jarred pitted
- 0.5 teaspoon paprika

- 1 teaspoon pepper black
- 1 teaspoon salt
- 1 pinch thyme leaves chopped
- 0.5 cup wine
- 1 cup onion yellow julienned

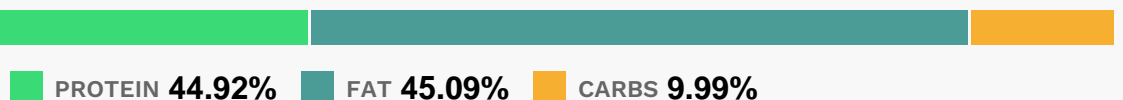
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F.
- Rinse and pat dry the chicken. Preheat a heavy-bottomed skillet over medium heat.
- Combine paprika, granulated garlic, salt and pepper, in a small bowl. Rub seasoning mix all over the chicken. When skillet is hot, add oil and sear chicken, skin side first, turn over and sear other side.
- Remove to a sheet tray and put into the preheated oven to cook through, about 15 minutes.
- To the pan you used to sear the chicken, add in the onions and leeks.
- Saute for 4 to 5 minutes or until lightly caramelized.
- Add garlic and olives and olive juice.
- Saute for 2 minutes more, then deglaze the pan with white wine. Reduce wine by half. Finish sauce by stirring in thyme and butter. Adjust seasoning, if necessary, and keep warm.
- When chicken is done, remove from oven, place on serving platter, and pour any juices into vegetable mixture.
- Pour over chicken and serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:26.160434795463%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 466.54kcal (23.33%), Fat: 22.12g (34.03%), Saturated Fat: 6.33g (39.57%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 8.5g (3.09%), Sugar: 3.12g (3.46%), Cholesterol: 159.69mg (53.23%), Sodium: 1423.87mg (61.91%), Alcohol: 3.09g (100%), Alcohol %: 1.06% (100%), Protein: 49.59g (99.17%), Vitamin B3: 23.88mg (119.42%), Selenium: 73.85µg (105.49%), Vitamin B6: 1.88mg (94.05%), Phosphorus: 511.69mg (51.17%), Vitamin B5: 3.37mg (33.7%), Potassium: 1004.99mg (28.71%), Magnesium: 78.49mg (19.62%), Vitamin E: 2.93mg (19.53%), Manganese: 0.37mg (18.39%), Vitamin A: 874.49IU (17.49%), Vitamin K: 16.4µg (15.62%), Vitamin B2: 0.26mg (15.4%), Vitamin B1: 0.2mg (13.09%), Vitamin C: 9.64mg (11.68%), Iron: 1.86mg (10.36%), Zinc: 1.54mg (10.25%), Fiber: 2.53g (10.12%), Copper: 0.17mg (8.4%), Folate: 32.92µg (8.23%), Vitamin B12: 0.46µg (7.73%), Calcium: 66.39mg (6.64%), Vitamin D: 0.23µg (1.51%)