



Pan Seared Chicken Breast with Herb Jus and Potato-Vegetable Hash

 Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



1068 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cajun spice
- 1 cup cooking wine dry white
- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 1 tablespoon chives fresh minced
- 1 teaspoon parsley leaves fresh chopped
- 1 teaspoon rosemary leaves fresh chopped

- 1 teaspoon tarragon leaves fresh minced
- 1 tablespoon thyme leaves fresh minced
- 1 teaspoon thyme leaves fresh minced
- 1 clove garlic minced
- 2 servings grapeseed oil
- 2 tablespoons grapeseed oil
- 1 idaho potato
- 1 small onion red thinly sliced
- 2 servings salt
- 2 servings salt and pepper black freshly ground
- 1 baby squash
- 2 skin-on bone-in airline-style cut
- 2 tablespoons butter unsalted
- 1 zucchini

Equipment

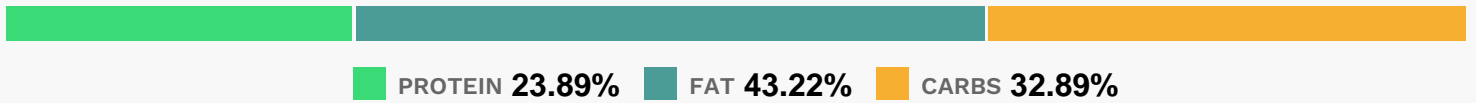
- bowl
- frying pan
- paper towels
- whisk
- box grater

Directions

- Watch how to make this recipe.
- Heat a large saute pan over high heat and add the oil. Season both sides of chicken breast with salt and pepper, to taste. Sear the chicken, skin side down, 4 to 5 minutes. Reduce the heat to medium, flip the chicken, cover the pan and cook on second side for 7 to 8 minutes.
- After second side has been cooked, add the wine, garlic, and herbs and continue to cook until the liquid is reduced by half.

- Transfer the chicken to a serving platter and allow it to rest.
- Remove the pan from the heat and whisk in the butter, scraping up the bits from the bottom of the pan.
- Serve the chicken with Potato-Vegetable Hash and the pan sauce.
- Garnish with chives.
- Using a box grater, shred the potato, zucchini and squash, and add them to a large bowl.
- Stir in the onion, egg, flour, garlic, herbs, and Cajun spice. Blend well.
- Add more flour if mixture is too wet. The mixture should hold its shape when squeezed.
- Heat a large saute pan over medium heat.
- Add 2 tablespoons grapeseed oil. Portion the hash into 2 cakes, then gently put them in the pan. Cook until golden brown, about 2 to 3 minutes, then flip and cook until the other side is browned.
- Remove them from the pan to a paper towel and season with salt, to taste.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:319.38, Glycemic Load:21.89, Inflammation Score:-10, Nutrition Score:57.22478298519%

Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg

Nutrients (% of daily need)

Calories: 1067.58kcal (53.38%), Fat: 48.51g (74.62%), Saturated Fat: 12.14g (75.88%), Carbohydrates: 83.06g (27.69%), Net Carbohydrates: 70.9g (25.78%), Sugar: 15.1g (16.78%), Cholesterol: 256.58mg (85.53%), Sodium: 527.31mg (22.93%), Alcohol: 12.36g (100%), Alcohol %: 1.47% (100%), Protein: 60.33g (120.65%), Vitamin A: 41417.11IU (828.34%), Vitamin B3: 30.57mg (152.85%), Vitamin B6: 3.05mg (152.34%), Vitamin C: 118.27mg (143.36%), Selenium: 84.99µg (121.41%), Vitamin E: 14.89mg (99.26%), Potassium: 3156.17mg (90.18%), Manganese: 1.62mg (80.93%), Phosphorus: 801.16mg (80.12%), Magnesium: 264.17mg (66.04%), Vitamin B5: 5.81mg (58.07%), Vitamin B1: 0.76mg (50.87%), Fiber: 12.16g (48.63%), Folate: 191.88µg (47.97%), Iron: 7.3mg (40.57%), Vitamin B2: 0.65mg (38.47%), Calcium: 297.87mg (29.79%), Copper: 0.6mg (29.76%), Zinc: 3.27mg (21.83%), Vitamin K: 17.48µg (16.65%), Vitamin B12: 0.67µg (11.19%), Vitamin D: 0.88µg (5.84%)