



Pan-Seared Chicken Breasts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



47 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup chicken broth
- ☐ 1 teaspoon marjoram dried
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons penzey's southwest seasoning dried italian
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons paprika
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 36 oz pilgrim's pride boneless skinless
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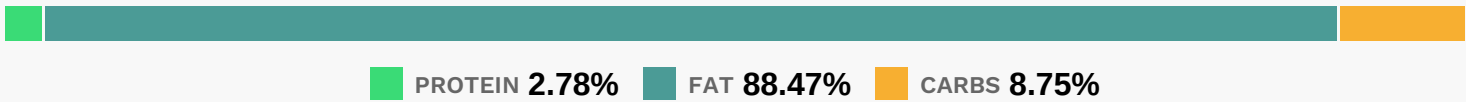
Equipment

- ☐ frying pan

Directions

- ☐ Stir together Italian seasoning and next 4 ingredients.
- ☐ Sprinkle evenly on both sides of chicken.
- ☐ Cook 3 chicken breasts in 1 Tbsp. hot oil over medium heat 6 to 8 minutes on each side or until done.
- ☐ Remove chicken from pan. Repeat with remaining 3 chicken breasts and 1 Tbsp. oil.
- ☐ Saut garlic in hot skillet 1 minute.
- ☐ Add chicken broth, and cook 2 minutes, stirring to loosen particles from bottom of skillet.
- ☐ Serve sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:1.6078260774198%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 47kcal (2.35%), Fat: 4.82g (7.42%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.2g (0.22%), Cholesterol: 0.52mg (0.17%), Sodium: 291.38mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin K: 7.6µg (7.24%), Vitamin E: 0.95mg (6.34%), Vitamin A: 259.98IU (5.2%), Manganese: 0.07mg (3.68%), Iron: 0.43mg (2.37%), Fiber: 0.5g (1.98%), Vitamin B2: 0.03mg (1.52%), Calcium: 14.61mg (1.46%), Vitamin B6: 0.02mg (1.22%)