



## Pan Seared Chicken, Strawberry Avocado Relish

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup avocado diced
- 4 tablespoons butter at room temperature
- 1 tablespoon cajun spice
- 4 to six 8-ounce chicken breasts
- 0.5 cup grape tomatoes quartered
- 0.3 cup grapeseed oil
- 1 tablespoon grapeseed oil

- 0.5 teaspoon ground pepper white
- 1 juice of lemon
- 0.3 cup blanched potatoes diced
- 0.3 cup onion diced red
- 2 tablespoons rice wine vinegar
- 1 teaspoon sea salt
- 1 cup strawberries quartered

## Equipment

- frying pan
- oven

## Directions

- For the chicken: Preheat the oven to 375 degrees F.
- Heat a large skillet over medium-high heat with the oil; allow the skillet to warm. During this time, sprinkle both sides of the chicken with the seasoning.
- Add the chicken to the heated oil, skin side first. Allow the chicken to sear on the skin side for 3 to 4 minutes, then reduce the heat to medium and continue to cook for 2 minutes. Flip and repeat the process for 4 to 5 minutes, then finish the chicken in the oven until it reaches 160 degrees F internally. Once cooked, remove the chicken from skillet and allow to rest. Then add the butter and stir into the pan sauce.
- For the relish: Over medium heat, warm a saute pan and the oil. Then add the onions and potatoes, cooking for 2 minutes. Next, add the vinegar and lemon juice, then cook to reduce the liquid for 1 minute. After reducing, add the strawberries, avocado, tomatoes, salt and pepper, and cook for final 1 minute.
- Remove and portion to platter or plates.
- Place the chicken atop the relish to serve and finish with butter sauce.

## Nutrition Facts

 **PROTEIN 34.29%**  **FAT 58.3%**  **CARBS 7.41%**

## Properties

Glycemic Index:112.94, Glycemic Load:3.65, Inflammation Score:-8, Nutrition Score:29.362608888875%

## Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 580.52kcal (29.03%), Fat: 37.51g (57.71%), Saturated Fat: 10.58g (66.14%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 7.27g (2.64%), Sugar: 3.32g (3.68%), Cholesterol: 174.74mg (58.25%), Sodium: 939.04mg (40.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.64g (99.28%), Vitamin B3: 24.53mg (122.66%), Selenium: 72.95µg (104.21%), Vitamin B6: 1.88mg (93.9%), Phosphorus: 520.55mg (52.06%), Vitamin E: 6.8mg (45.36%), Vitamin C: 35.46mg (42.99%), Vitamin B5: 3.68mg (36.76%), Potassium: 1166.08mg (33.32%), Vitamin A: 1467.45IU (29.35%), Magnesium: 80.12mg (20.03%), Vitamin B2: 0.3mg (17.52%), Manganese: 0.31mg (15.29%), Fiber: 3.45g (13.81%), Vitamin B1: 0.2mg (13.31%), Zinc: 1.68mg (11.19%), Folate: 43.16µg (10.79%), Iron: 1.72mg (9.54%), Vitamin K: 9.41µg (8.96%), Copper: 0.16mg (8.23%), Vitamin B12: 0.48µg (7.93%), Calcium: 34.89mg (3.49%), Vitamin D: 0.23µg (1.51%)