



Pan-Seared Chicken with Garlic Sauce



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon rosemary dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup less-sodium chicken broth fat-free divided
- ☐ 12 garlic cloves halved
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt

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16 ounce chicken breast halves boneless skinless

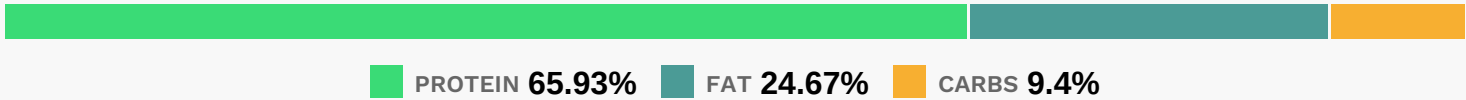
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 5 ingredients in a small bowl.
- ☐ Sprinkle both sides of chicken with herb mixture.
- ☐ Heat oil in a large ovenproof nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook 2 minutes on each side.
- ☐ Add garlic and 3/4 cup broth.
- ☐ Place pan in oven.
- ☐ Bake at 450 for 10 minutes or until chicken is done and garlic cloves are soft.
- ☐ Remove pan from oven.
- ☐ Transfer chicken to a platter; keep warm.
- ☐ Add remaining 1/4 cup broth to pan. Mash garlic with a fork. Cook garlic mixture over medium heat 2 minutes or until thoroughly heated; stir.
- ☐ Serve garlic sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:13.318695830262%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 156.25kcal (7.81%), Fat: 4.17g (6.41%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.23g (0.26%), Cholesterol: 72.57mg (24.19%), Sodium: 656.39mg (28.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Vitamin B3: 12.27mg (61.36%), Selenium: 38.86µg (55.52%), Vitamin B6: 0.98mg (49.08%), Phosphorus: 260.43mg (26.04%), Vitamin B5: 1.75mg (17.52%), Potassium: 487.97mg (13.94%), Manganese: 0.22mg (10.91%), Magnesium: 33.99mg (8.5%), Vitamin B2: 0.14mg (8.39%), Vitamin B1: 0.1mg (6.51%), Iron: 1.09mg (6.06%), Vitamin A: 291.67IU (5.83%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 5.87µg (5.59%), Zinc: 0.81mg (5.42%), Vitamin C: 4.31mg (5.22%), Copper: 0.08mg (3.8%), Vitamin E: 0.53mg (3.55%), Calcium: 31mg (3.1%), Fiber: 0.49g (1.97%), Folate: 6.36µg (1.59%)