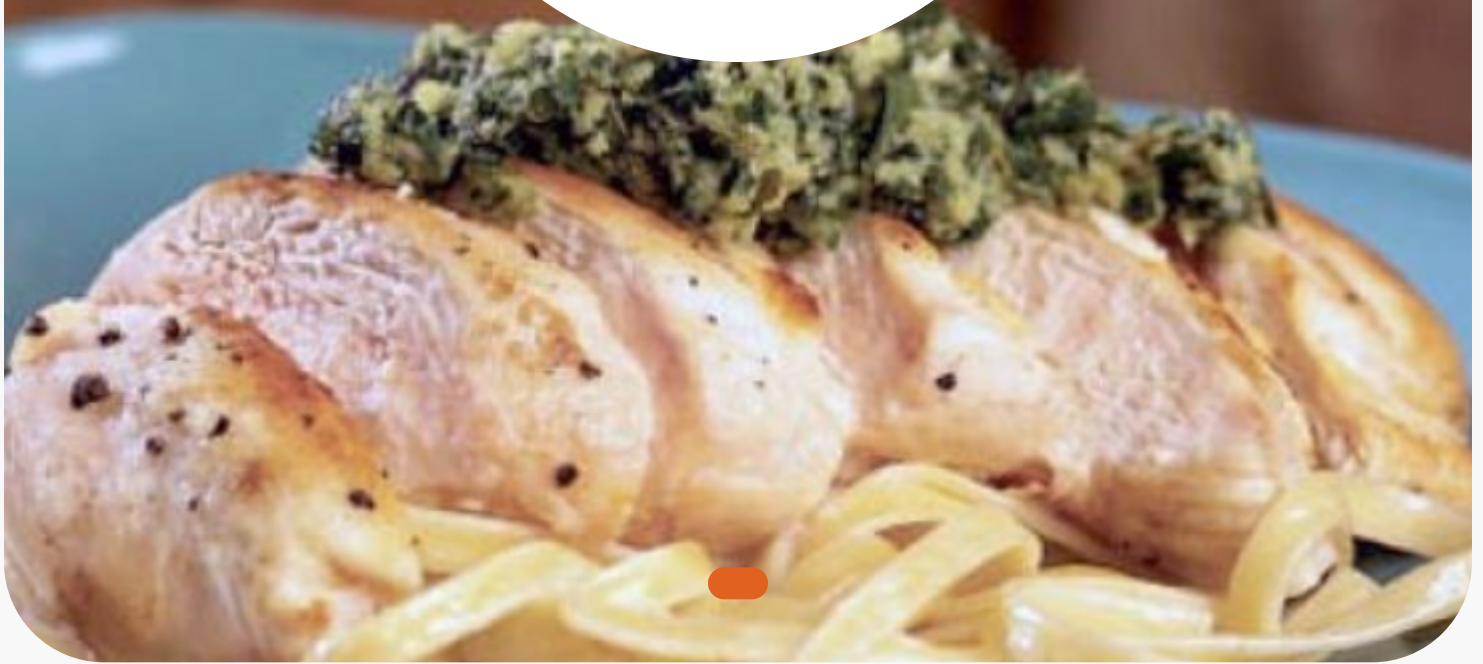




Pan-Seared Chicken with Italian Salsa Verde

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 ounce peasant bread
- ☐ 1 teaspoon capers rinsed drained
- ☐ 0.8 cup flat-leaf parsley leaves fresh
- ☐ 1 tablespoon flour all-purpose
- ☐ 4 sprigs mint leaves fresh (2-inch)
- ☐ 5 teaspoons olive oil divided

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons water

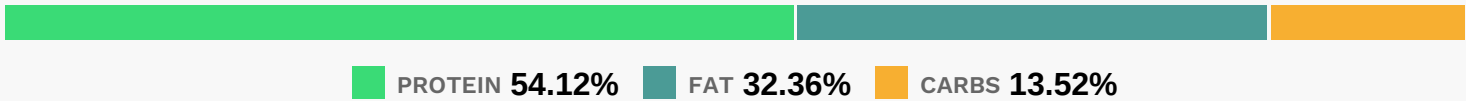
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients in a large zip-top plastic bag; seal and shake well to coat.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 6 minutes on each side or until done.
- ☐ Place the remaining 2 teaspoons oil, parsley, and remaining ingredients except bread in a food processor; process 10 seconds or until finely chopped. Tear peasant bread into pieces; add to the processor, and process 4 seconds or until well blended. Thinly slice each chicken breast half, and serve topped with salsa verde.

Nutrition Facts



Properties

Glycemic Index:56.92, Glycemic Load:4.89, Inflammation Score:-8, Nutrition Score:25.527826200361%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 24.3mg, Apigenin: 24.3mg, Apigenin: 24.3mg, Apigenin: 24.3mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 292.24kcal (14.61%), Fat: 10.18g (15.66%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 8.42g (3.06%), Sugar: 0.93g (1.03%), Cholesterol: 108.86mg (36.29%), Sodium: 431.51mg (18.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.3g (76.6%), Vitamin K: 188.9µg (179.9%), Vitamin B3: 18.82mg (94.11%), Selenium: 59.35µg (84.79%), Vitamin B6: 1.32mg (65.9%), Phosphorus: 387.53mg (38.75%), Vitamin B5: 2.61mg (26.06%), Vitamin C: 17.8mg (21.57%), Vitamin A: 1042.98IU (20.86%), Potassium: 729.25mg (20.84%), Magnesium: 57.94mg (14.49%), Manganese: 0.28mg (13.9%), Vitamin B2: 0.23mg (13.59%), Vitamin B1: 0.2mg (13%), Iron: 2.08mg (11.55%), Folate: 40.7µg (10.17%), Zinc: 1.3mg (8.66%), Vitamin E: 1.16mg (7.75%), Vitamin B12: 0.34µg (5.67%), Copper: 0.1mg (4.95%), Calcium: 48.29mg (4.83%), Fiber: 1.14g (4.57%), Vitamin D: 0.17µg (1.13%)