



Peppercorn Chicken with Lemon Spinach

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



37 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup red wine
- 3 tablespoons dijon mustard
- 1 tablespoon parsley fresh chopped
- 0.8 teaspoon rosemary fresh finely minced
- 2 cloves garlic chopped
- 4 servings kosher salt
- 0.5 teaspoon lemon zest finely grated
- 0.3 cup chicken broth low-sodium

- 3 tablespoons olive oil extra-virgin
- 2 shallots thinly sliced
- 1.8 pounds chicken breasts boneless skinless
- 1 pound pkt spinach
- 2 teaspoons coarsely ground peppercorns mixed

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees.
- Brush 1 tablespoon mustard all over the chicken.
- Sprinkle with the peppercorns, rosemary and salt to taste, patting gently so the seasonings stick.
- Heat a large skillet over medium-high heat; add 2 tablespoons oil.
- Add the chicken and cook until golden brown, about 6 minutes, turning once.
- Transfer to a baking dish (set aside the skillet for the sauce); bake the chicken until cooked through, about 10 minutes.
- Meanwhile, add the shallots to the skillet; cook over medium-high heat until just soft.
- Remove the pan from the heat, add the brandy, then return the pan to the heat and scrape up any browned bits.
- Add the broth, bring to a boil and cook until slightly thickened, about 2 minutes. Stir in the remaining 2 tablespoons mustard and the parsley.
- Heat the remaining 1 tablespoon oil in a deep skillet over medium-high heat. Stir in the garlic; cook about 30 seconds.
- Add the spinach, season with salt and cook until wilted; add the lemon zest. Slice the chicken and drizzle with the shallot sauce.
- Serve with the spinach.

Nutrition Facts

 **PROTEIN 49.9%**  **FAT 39.91%**  **CARBS 10.19%**

Properties

Glycemic Index:50.75, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:43.137391707172%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 7.27mg, Kaempferol: 7.27mg, Kaempferol: 7.27mg, Kaempferol: 7.27mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 389.4kcal (19.47%), Fat: 16.68g (25.66%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 5.55g (2.02%), Sugar: 1.82g (2.02%), Cholesterol: 127.01mg (42.34%), Sodium: 647.01mg (28.13%), Alcohol: 2.12g (100%), Alcohol %: 0.69% (100%), Protein: 46.93g (93.86%), Vitamin K: 574.81µg (547.43%), Vitamin A: 10798.84IU (215.98%), Vitamin B3: 21.97mg (109.86%), Selenium: 68.98µg (98.54%), Vitamin B6: 1.8mg (89.91%), Manganese: 1.46mg (73.23%), Folate: 235.16µg (58.79%), Phosphorus: 508.85mg (50.88%), Vitamin C: 37.42mg (45.35%), Potassium: 1509.42mg (43.13%), Magnesium: 156.5mg (39.12%), Vitamin B5: 3.02mg (30.22%), Vitamin E: 4.27mg (28.45%), Vitamin B2: 0.44mg (25.98%), Iron: 4.63mg (25.75%), Vitamin B1: 0.25mg (16.77%), Fiber: 4.03g (16.12%), Calcium: 150.75mg (15.07%), Copper: 0.27mg (13.41%), Zinc: 1.98mg (13.18%), Vitamin B12: 0.42µg (6.94%), Vitamin D: 0.2µg (1.32%)