



9%  
HEALTH SCORE

## Peppered Chicken Breast

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken broth
- 2 teaspoons cornstarch
- 2 teaspoons dijon mustard
- 0.3 cup spring onion chopped
- 2 teaspoons olive oil
- 2 teaspoons pepper
- 0.3 teaspoon salt
- 16 ounce chicken breast halves boneless skinless

0.3 cup cream sour

0.3 cup grape juice white

## Equipment

## Nutrition Facts

**PROTEIN 49.6%** **FAT 39.38%** **CARBS 11.02%**

## Properties

Glycemic Index:24, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:13.496956521739%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 1.77mg, Malvidin: 1.77mg, Malvidin: 1.77mg, Malvidin: 1.77mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 207.76kcal (10.39%), Fat: 8.93g (13.74%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 5.06g (1.84%), Sugar: 3.34g (3.71%), Cholesterol: 85.06mg (28.35%), Sodium: 530.41mg (23.06%), Protein: 25.3g (50.61%), Vitamin B3: 12.05mg (60.27%), Selenium: 38.2µg (54.57%), Vitamin B6: 0.87mg (43.54%), Phosphorus: 263.99mg (26.4%), Vitamin B5: 1.72mg (17.19%), Vitamin K: 16.39µg (15.61%), Potassium: 504.92mg (14.43%), Manganese: 0.23mg (11.64%), Vitamin B2: 0.19mg (11.24%), Magnesium: 37.76mg (9.44%), Vitamin B1: 0.1mg (6.71%), Zinc: 0.83mg (5.51%), Vitamin B12: 0.28µg (4.65%), Vitamin A: 225.43IU (4.51%), Vitamin E: 0.65mg (4.36%), Iron: 0.76mg (4.22%), Calcium: 39.75mg (3.98%), Copper: 0.07mg (3.33%), Vitamin C: 2.73mg (3.31%), Folate: 10.03µg (2.51%), Fiber: 0.56g (2.25%)