



## Rachael's Chicken

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 14.5 ounce chicken broth canned
- 0.5 teaspoon thyme leaves dried
- 2 chicken breast halves boneless skinless

### Equipment

- frying pan

## Directions

- Heat a medium skillet over medium heat. Cook chicken until golden brown and juices run clear.
- To the skillet add the butter. When the butter has melted, sprinkle thyme over the breasts and pour in the broth. Reduce heat to medium-low and simmer breasts, turning occasionally. Cook until desired liquid consistency is reached, and chicken is no longer pink and its juices run clear.

## Nutrition Facts

**PROTEIN 43.79%** **FAT 55.05%** **CARBS 1.16%**

## Properties

Glycemic Index:25, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:23.519565250563%

## Nutrients (% of daily need)

Calories: 713.2kcal (35.66%), Fat: 42.61g (65.55%), Saturated Fat: 19.86g (124.11%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.02g (0.02%), Cholesterol: 236.09mg (78.7%), Sodium: 1304.34mg (56.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.25g (152.51%), Selenium: 74.27µg (106.11%), Vitamin B3: 16.74mg (83.71%), Vitamin B6: 1.24mg (61.96%), Phosphorus: 559.08mg (55.91%), Zinc: 5.83mg (38.9%), Vitamin B12: 2.33µg (38.83%), Vitamin A: 1116.29IU (22.33%), Potassium: 741.41mg (21.18%), Vitamin B2: 0.33mg (19.36%), Iron: 3.4mg (18.92%), Magnesium: 69.55mg (17.39%), Vitamin B5: 1.64mg (16.41%), Vitamin K: 11.23µg (10.69%), Vitamin E: 1.55mg (10.33%), Copper: 0.14mg (6.77%), Vitamin B1: 0.08mg (5%), Calcium: 45.96mg (4.6%), Folate: 10.17µg (2.54%), Vitamin D: 0.32µg (2.12%), Manganese: 0.04mg (1.83%), Vitamin C: 1.48mg (1.8%)