



Rosemary Chicken with Corn Quinoa



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb skinned and boned chicken breasts
- ☐ 4 servings corn quinoa fresh
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground

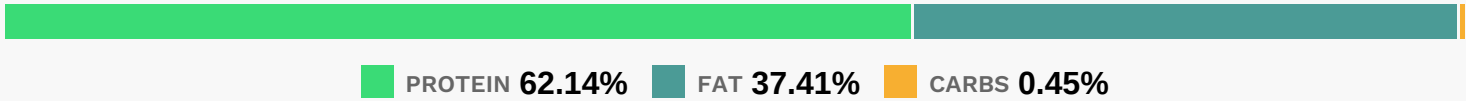
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with salt, pepper, and rosemary. Cook in hot oil in a large skillet over medium-high heat 6 minutes on each side or until done.
- ☐ Serve with quinoa.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:20.8921736725%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 321.93kcal (16.1%), Fat: 12.9g (19.84%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.26g (0.1%), Sugar: 0.06g (0.07%), Cholesterol: 145.15mg (48.38%), Sodium: 844.8mg (36.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.21g (96.42%), Vitamin B3: 23.68mg (118.38%), Selenium: 72.59µg (103.71%), Vitamin B6: 1.7mg (85.02%), Phosphorus: 477.57mg (47.76%), Vitamin B5: 3.24mg (32.43%), Potassium: 845.44mg (24.16%), Magnesium: 59.79mg (14.95%), Vitamin B2: 0.23mg (13.4%), Vitamin B1: 0.15mg (9.8%), Vitamin E: 1.44mg (9.61%), Zinc: 1.32mg (8.83%), Vitamin B12: 0.45µg (7.56%), Iron: 0.91mg (5.08%), Vitamin K: 5.08µg (4.84%), Manganese: 0.07mg (3.46%), Vitamin C: 2.79mg (3.38%), Copper: 0.07mg (3.28%), Folate: 9.55µg (2.39%), Vitamin D: 0.23µg (1.51%), Vitamin A: 71.64IU (1.43%), Calcium: 12.94mg (1.29%)