



Rosemary-Garlic Chicken

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 4 chicken-breast halves boneless skinless
- ☐ 1 tablespoon rosemary leaves dried fresh
- ☐ 2 garlic cloves peeled cut in half lengthwise
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup sherry vinegar

☐ 1 tablespoon butter unsalted

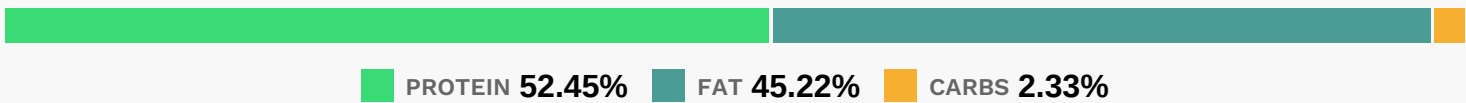
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ wax paper
- ☐ rolling pin

Directions

- ☐ Using a rolling pin, pound the chicken between 2 sheets of wax paper until they are of uniform thickness.
- ☐ Heat the oil and garlic in a large skillet over medium-high heat until the oil shimmers and the garlic browns. (Don't burn the garlic.)
- ☐ Add the chicken breasts and cook until golden, 3 to 5 minutes on each side.
- ☐ Add the salt, pepper, vinegar, chicken broth, and rosemary. Cover, reduce heat to medium-low, and cook 3 minutes longer or until the chicken is fork-tender.
- ☐ Remove the chicken to a platter and keep warm. Increase heat to high and boil the sauce until thickened or syrupy, 3 to 5 minutes.
- ☐ Whisk in the butter and pour the sauce over the chicken.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:11.701739192009%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 198.39kcal (9.92%), Fat: 9.48g (14.59%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.06g (0.06%), Cholesterol: 79.85mg (26.61%), Sodium: 724.55mg (31.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.49%), Vitamin B3: 12.21mg (61.04%), Selenium: 36.41µg (52.02%), Vitamin B6: 0.87mg (43.5%), Phosphorus: 252.16mg (25.22%), Vitamin B5: 1.63mg (16.28%), Potassium: 466.8mg (13.34%), Magnesium: 31.96mg (7.99%), Vitamin B2: 0.13mg (7.39%), Vitamin E: 0.8mg (5.35%), Vitamin B1: 0.08mg (5.05%), Zinc: 0.72mg (4.81%), Vitamin B12: 0.26µg (4.36%), Iron: 0.71mg (3.93%), Manganese: 0.08mg (3.75%), Copper: 0.06mg (2.84%), Vitamin A: 136.67IU (2.73%), Vitamin K: 2.77µg (2.64%), Vitamin C: 2.08mg (2.52%), Calcium: 14.6mg (1.46%), Folate: 5.23µg (1.31%), Vitamin D: 0.17µg (1.1%)