



Salt and Pepper Chicken

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ground pepper black
- ☐ 1 cup milk
- ☐ 1 tablespoon salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil

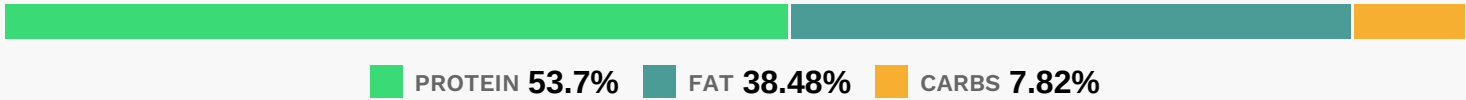
Equipment

- ☐ frying pan

Directions

- ☐ Season chicken with salt and pepper (no such thing as too much, since this is the only seasoning this dish has)!
- ☐ Heat oil in a medium skillet over medium high heat and add chicken.
- ☐ Saute until browned, about 5 minutes each side, then add milk (enough to cover 3/4 of the chicken).
- ☐ Reduce heat to low and simmer for 2 hours, uncovered.
- ☐ Remove chicken and use juices in skillet as a sauce.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:13.712173933568%

Nutrients (% of daily need)

Calories: 199.24kcal (9.96%), Fat: 8.33g (12.81%), Saturated Fat: 2.31g (14.47%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.94g (3.27%), Cholesterol: 79.64mg (26.55%), Sodium: 1898.67mg (82.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.29%), Vitamin B3: 11.87mg (59.34%), Selenium: 37.4µg (53.42%), Vitamin B6: 0.89mg (44.4%), Phosphorus: 301.28mg (30.13%), Vitamin B5: 1.86mg (18.59%), Potassium: 529.9mg (15.14%), Vitamin B2: 0.2mg (11.76%), Manganese: 0.22mg (10.76%), Magnesium: 39.31mg (9.83%), Vitamin B12: 0.56µg (9.26%), Calcium: 88.4mg (8.84%), Vitamin K: 9.12µg (8.68%), Vitamin B1: 0.11mg (7.21%), Zinc: 0.93mg (6.19%), Vitamin D: 0.78µg (5.23%), Vitamin E: 0.54mg (3.59%), Iron: 0.58mg (3.22%), Vitamin A: 140.93IU (2.82%), Copper: 0.05mg (2.62%), Vitamin C: 1.36mg (1.64%), Fiber: 0.38g (1.52%), Folate: 4.78µg (1.19%)