



Sautéed Chicken Breasts



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 24 ounce chicken breast halves boneless skinless

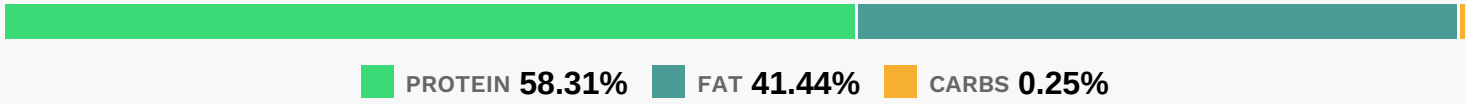
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Sprinkle chicken evenly on both sides with salt and pepper.
- ☐ Add chicken to pan; cook 4 minutes on each side or until golden brown and done.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:16.502608729445%

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: 256.42kcal (12.82%), Fat: 11.41g (17.56%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 0.16g (0.05%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0g (0%), Cholesterol: 108.86mg (36.29%), Sodium: 488.19mg (21.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.14g (72.28%), Vitamin B3: 17.74mg (88.72%), Selenium: 54.44µg (77.78%), Vitamin B6: 1.27mg (63.74%), Phosphorus: 357.6mg (35.76%), Vitamin B5: 2.43mg (24.27%), Potassium: 632.81mg (18.08%), Magnesium: 44.66mg (11.17%), Vitamin B2: 0.17mg (10.03%), Vitamin E: 1.33mg (8.89%), Vitamin B1: 0.11mg (7.28%), Zinc: 0.99mg (6.6%), Vitamin B12: 0.34µg (5.67%), Vitamin K: 4.96µg (4.73%), Iron: 0.7mg (3.86%), Manganese: 0.06mg (2.91%), Vitamin C: 2.04mg (2.47%), Copper: 0.05mg (2.47%), Folate: 6.85µg (1.71%), Vitamin D: 0.17µg (1.13%), Vitamin A: 52.4IU (1.05%)