



Sautéed Chicken Breasts with Balsamic Vinegar Pan Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons honey
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped

- ☐ 20 ounce chicken breast halves boneless skinless
- ☐ 1 tablespoon vegetable oil

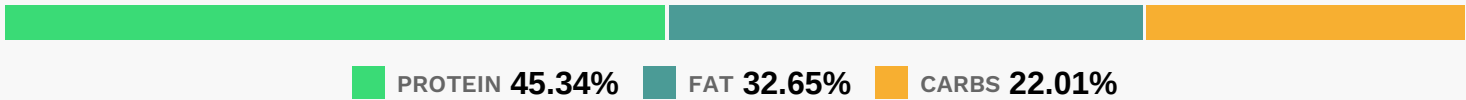
Equipment

- ☐ frying pan

Directions

- ☐ Combine broth, vinegar, and honey.
- ☐ Melt butter and oil in a large nonstick skillet over low heat.
- ☐ While butter melts, sprinkle chicken with salt and pepper.
- ☐ Place flour in a shallow dish. Dredge chicken in flour; shake off excess flour.
- ☐ Increase heat to medium-high; heat 2 minutes or until the butter turns golden brown.
- ☐ Add chicken to pan; cook 4 minutes on each side or until golden brown.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add shallots, and saut 30 seconds.
- ☐ Add the broth mixture, scraping to loosen browned bits. Bring to a boil, and cook until reduced to 1/2 cup (about 3 minutes).
- ☐ Serve sauce over chicken.
- ☐ Garnish with chopped parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:72.32, Glycemic Load:8.75, Inflammation Score:-3, Nutrition Score:15.675652382166%

Nutrients (% of daily need)

Calories: 288.92kcal (14.45%), Fat: 10.04g (15.45%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 14.83g (5.39%), Sugar: 8.1g (9%), Cholesterol: 98.24mg (32.75%), Sodium: 456.58mg (19.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Vitamin B3: 15.42mg (77.1%), Selenium: 48.76µg (69.66%), Vitamin B6: 1.09mg (54.38%), Phosphorus: 319.46mg (31.95%), Vitamin B5: 2.11mg (21.11%), Potassium:

598.09mg (17.09%), Vitamin B2: 0.19mg (11.18%), Magnesium: 44.09mg (11.02%), Vitamin B1: 0.16mg (10.49%), Manganese: 0.15mg (7.66%), Iron: 1.25mg (6.92%), Vitamin K: 7.05µg (6.71%), Zinc: 0.94mg (6.27%), Vitamin B12: 0.35µg (5.77%), Folate: 22.15µg (5.54%), Vitamin E: 0.64mg (4.24%), Copper: 0.07mg (3.53%), Vitamin A: 130.87IU (2.62%), Vitamin C: 2.12mg (2.57%), Calcium: 21.54mg (2.15%), Fiber: 0.41g (1.64%)