



Sauteed Chicken Breasts with Capers



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 1 tablespoon olive oil
- ☐ 6 small chicken breast halves boneless skinless with or (2 1/4 pounds total)

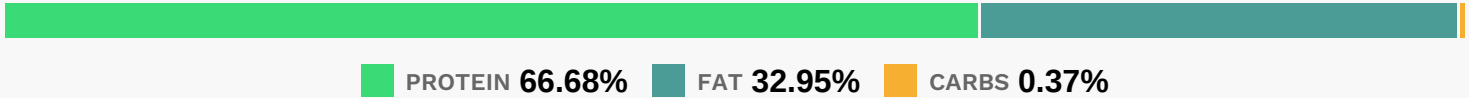
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pat chicken dry and season with salt and pepper. In a 12-inch nonstick skillet heat oil over moderately high heat until hot but not smoking and sauté chicken, skin or skinned sides down, 3 minutes, or until golden. Turn chicken over and sauté 1 minute more. Reduce heat to moderately low and cook chicken, covered, until just cooked through, about 10 minutes. Coarsely chop capers and in a large bowl toss chicken with any juices from skillet, capers, and vinaigrette.
- ☐ Serve chicken warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:10.852173907601%

Flavonoids

Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg, Kaempferol: 3.5mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 150.06kcal (7.5%), Fat: 5.28g (8.13%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 0.13g (0.04%), Net Carbohydrates: 0.05g (0.02%), Sugar: 0.01g (0.01%), Cholesterol: 72.32mg (24.11%), Sodium: 204.97mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.05g (48.11%), Vitamin B3: 11.8mg (59.02%), Selenium: 36.19µg (51.7%), Vitamin B6: 0.85mg (42.35%), Phosphorus: 237.57mg (23.76%), Vitamin B5: 1.61mg (16.11%), Potassium: 419.19mg (11.98%), Magnesium: 30.26mg (7.57%), Vitamin B2: 0.12mg (6.87%), Vitamin B1: 0.07mg (4.85%), Zinc: 0.66mg (4.43%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.23µg (3.77%), Iron: 0.48mg (2.64%), Vitamin K: 2.29µg (2.18%), Copper: 0.04mg (2.02%), Vitamin C: 1.47mg (1.78%), Folate: 5.13µg (1.28%)