



Sautéed Chicken Breasts with Fennel and Rosemary

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken broth low-sodium homemade canned
- 2 teaspoons rosemary dried crumbled
- 1.3 pounds fennel bulb cut into 1/2-inch slices
- 2 tablespoons flat-leaf parsley chopped
- 2 cloves garlic minced
- 0.3 teaspoon fresh-ground pepper black
- 2 tablespoons olive oil

- 0.5 teaspoon salt
- 4 chicken breasts boneless skinless ()

Equipment

- frying pan

Directions

- In a large nonstick frying pan, heat 1 tablespoon of the oil over moderately high heat.
- Add the fennel, 1 teaspoon of the rosemary, and 1/4 teaspoon of the salt. Cook, stirring frequently, until the fennel is golden brown and almost done, about 12 minutes.
- Add the broth and bring to a boil. Cover, reduce the heat and simmer until the fennel is tender, about 3 minutes.
- Remove the fennel and the cooking liquid from the pan.
- Wipe out the pan and heat the remaining 1 tablespoon oil over moderate heat. Season the chicken with the remaining 1/4 teaspoon salt and 1/8 teaspoon of the pepper.
- Add the chicken to the pan with the remaining 1 teaspoon of rosemary and cook until brown, about 5 minutes. Turn and cook until almost done, about 3 minutes longer.
- Add the garlic; cook, stirring, for 30 seconds.
- Add the fennel and its cooking liquid and the remaining 1/8 teaspoon pepper. Bring to a simmer. Cover the pan and remove from the heat.
- Let steam 5 minutes. Stir in the parsley.
- Menu Suggestions: Soft polenta is an appropriate accompaniment to this Italian-style dish. Mashed potatoes are another good match.
- Wine Recommendation: The fennel and the rosemary will pair especially nicely with a full-bodied red wine that has a hint of sweetness, such as a Rioja from Spain.

Nutrition Facts

 **PROTEIN 43.18%**  **FAT 38.2%**  **CARBS 18.62%**

Properties

Glycemic Index:52.25, Glycemic Load:2.86, Inflammation Score:-6, Nutrition Score:22.125217417012%

Flavonoids

Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 242.8kcal (12.14%), Fat: 10.42g (16.03%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 6.89g (2.51%), Sugar: 5.64g (6.27%), Cholesterol: 72.32mg (24.11%), Sodium: 505.89mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.02%), Vitamin K: 126.49µg (120.46%), Vitamin B3: 13.14mg (65.68%), Selenium: 37.38µg (53.39%), Vitamin B6: 0.94mg (46.88%), Phosphorus: 320.71mg (32.07%), Potassium: 1049.67mg (29.99%), Vitamin C: 21.52mg (26.09%), Vitamin B5: 1.96mg (19.58%), Fiber: 4.54g (18.18%), Manganese: 0.33mg (16.68%), Magnesium: 55.48mg (13.87%), Vitamin E: 2.06mg (13.75%), Folate: 46.05µg (11.51%), Vitamin B2: 0.17mg (10.07%), Iron: 1.73mg (9.63%), Calcium: 83.21mg (8.32%), Vitamin A: 394.7IU (7.89%), Copper: 0.15mg (7.44%), Zinc: 1.01mg (6.74%), Vitamin B1: 0.09mg (6.11%), Vitamin B12: 0.26µg (4.26%)