



Sauteed Chicken Breasts with Fresh Herbs and Ginger



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



2

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons chicken broth low-sodium homemade canned
- ☐ 0.3 cup basil leaves fresh packed
- ☐ 2 tablespoons mint leaves fresh packed
- ☐ 2 teaspoons ginger finely grated
- ☐ 1 juice of lime
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2 chicken breast halves boneless skinless

☐ 2 tablespoons vegetable oil

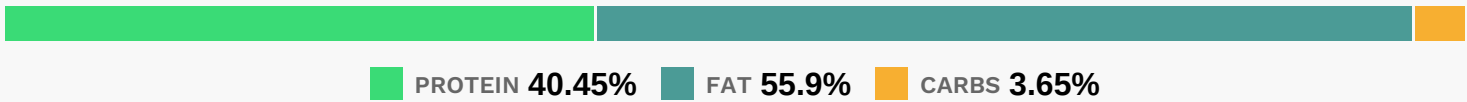
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat the oil in a medium skillet over medium-high heat until shimmering. Season both sides of the chicken breasts with salt and pepper, and place them skin side down in the pan. Cook, turning once, until firm to the touch, about 5 minutes per side.
- ☐ Transfer the chicken breasts to a plate.
- ☐ Add the lime juice to the skillet, and scrape up any browned bits that cling to the pan with a wooden spoon.
- ☐ Add the chicken broth and ginger, and bring to a boil. Off the heat, add the basil and mint to the pan and swirl the pan to combine.
- ☐ Divide the chicken between the 2 plates and spoon the herb sauce over the chicken.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:15.530869437301%

Flavonoids

Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 299.87kcal (14.99%), Fat: 18.42g (28.34%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.13g (0.78%), Sugar: 0.3g (0.33%), Cholesterol: 83.41mg (27.8%), Sodium: 240.24mg (10.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.99%), Vitamin B3: 12.47mg (62.34%), Selenium: 40.28µg (57.55%), Vitamin B6: 0.91mg (45.44%), Vitamin K: 38.45µg (36.62%), Phosphorus: 279.5mg (27.95%), Vitamin B5: 1.66mg (16.57%), Potassium: 516.51mg (14.76%), Magnesium: 41.75mg (10.44%), Vitamin C: 8.09mg (9.8%), Vitamin E: 1.46mg (9.74%), Vitamin B2: 0.15mg (9.05%), Vitamin A: 451.86IU (9.04%), Zinc: 1.31mg (8.73%), Vitamin B12: 0.45µg (7.46%), Manganese: 0.13mg (6.51%), Iron: 1.09mg (6.07%), Vitamin B1: 0.08mg (5.45%), Copper: 0.08mg (3.98%), Folate: 14.44µg (3.61%), Calcium: 29.08mg (2.91%), Fiber: 0.57g (2.29%)