



Sauteed Chicken Breasts with Pear, Bell Pepper, and Cilantro Salsa

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 2 bosc pears firm cored ripe peeled cut into 1/2-inch cubes ()
- ☐ 2 tablespoons butter divided ()
- ☐ 0.3 cup jalapeo chiles seeded finely chopped (2 medium)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.7 cup low-salt chicken broth

- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.7 cup pear nectar
- ☐ 1 cup bell pepper diced red seeded finely (1 large)
- ☐ 0.5 cup onion red finely chopped
- ☐ 3 chicken breast halves boneless skinless halved ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil

Directions

- ☐ Mix all ingredients except cilantro in medium bowl. Season with salt and pepper.
- ☐ Let stand at room temperature 1 hour. Stir in cilantro.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place flour in wide shallow bowl. Dredge chicken in flour, shaking off excess.
- ☐ Place on baking sheet.
- ☐ Melt 1 tablespoon butter with 1 tablespoon oil in heavy large skillet over high heat.
- ☐ Add 3 chicken breast pieces to skillet and cook until brown and cooked through, about 3 minutes per side.
- ☐ Transfer to plate.
- ☐ Add remaining 1 tablespoon butter and 1 tablespoon oil to skillet and cook remaining chicken.
- ☐ Transfer to plate; tent chicken with foil to keep warm.
- ☐ Add broth to skillet and bring to boil, scraping up browned bits. Stir in pear nectar, mustard, and lemon juice. Boil until thick enough to coat spoon, about 4 minutes. Season to taste with salt and pepper.
- ☐ Place 1 chicken breast piece on each plate. Spoon sauce over. Divide salsa among plates.

Nutrition Facts



Properties

Glycemic Index:54.96, Glycemic Load:9.2, Inflammation Score:-8, Nutrition Score:13.88304362608%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 248.03kcal (12.4%), Fat: 10.47g (16.11%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 21.93g (7.97%), Sugar: 12.08g (13.42%), Cholesterol: 46.19mg (15.4%), Sodium: 135.63mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.05%), Vitamin C: 45.98mg (55.74%), Vitamin B3: 7.37mg (36.83%), Selenium: 22.7µg (32.43%), Vitamin B6: 0.58mg (28.78%), Vitamin A: 1077.78IU (21.56%), Phosphorus: 163.26mg (16.33%), Fiber: 3.28g (13.11%), Vitamin K: 12.71µg (12.1%), Potassium: 419.9mg (12%), Folate: 42.46µg (10.61%), Vitamin B1: 0.16mg (10.38%), Vitamin B5: 1.01mg (10.15%), Vitamin B2: 0.17mg (10.03%), Vitamin E: 1.46mg (9.74%), Manganese: 0.19mg (9.46%), Magnesium: 29.67mg (7.42%), Iron: 1.22mg (6.76%), Copper: 0.13mg (6.67%), Zinc: 0.63mg (4.23%), Vitamin B12: 0.15µg (2.45%), Calcium: 21.53mg (2.15%)