



Sautéed Chicken Breasts with Salsa Verde



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 3 tablespoons capers drained
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.7 cup lightly flat-leaf parsley leaves packed
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 4 teaspoons juice of lemon
- ☐ 0.5 cup olive oil

- ☐ 0.8 teaspoon salt
- ☐ 4 chicken breasts boneless skinless ()
- ☐ 3 cloves garlic whole minced

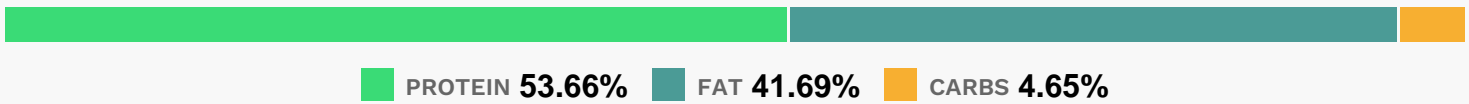
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Put the parsley, capers, the whole garlic clove, the lemon juice, anchovy paste, mustard, 1/2 teaspoon of the salt, and 1/8 teaspoon of the pepper into a food processor or blender. Pulse just to chop, six to eight times. With the machine running, add the 1/2 cup oil in a thin stream to make a slightly coarse puree. Leave this salsa verde in the food processor; if necessary, pulse to re-emulsify just before serving.
- ☐ In a large frying pan, heat the remaining tablespoon of oil over moderate heat. Season the chicken breasts with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper and the thyme and put them in the hot pan. Cook the chicken until brown, about 5 minutes. Turn and cook until almost done, about 3 minutes longer.
- ☐ Add the minced garlic and cook for 30 seconds, stirring. Cover the pan, remove from the heat, and let steam 5 minutes.
- ☐ Serve the breasts with their juices and then the salsa verde poured over the top.
- ☐ Wine Recommendation: Clean, crisp, lightly fruity Italian whites were made for dishes like this. A Soave Classico or Vernaccia di San Gimignano will stand back and let the main course take center stage.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:18.547826090585%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg, Apigenin: 21.57mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 8.04mg, Kaempferol: 8.04mg, Kaempferol: 8.04mg, Kaempferol: 8.04mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg

Nutrients (% of daily need)

Calories: 190.01kcal (9.5%), Fat: 8.66g (13.32%), Saturated Fat: 1.46g (9.09%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.27g (0.3%), Cholesterol: 73.6mg (24.53%), Sodium: 801.37mg (34.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.07g (50.14%), Vitamin K: 170.46µg (162.34%), Vitamin B3: 12.28mg (61.41%), Selenium: 37.81µg (54.02%), Vitamin B6: 0.89mg (44.56%), Phosphorus: 252.32mg (25.23%), Vitamin C: 17.58mg (21.31%), Vitamin A: 889.19IU (17.78%), Vitamin B5: 1.69mg (16.89%), Potassium: 501.48mg (14.33%), Magnesium: 38.92mg (9.73%), Vitamin B2: 0.14mg (8.28%), Vitamin E: 1.19mg (7.92%), Iron: 1.38mg (7.68%), Vitamin B1: 0.09mg (6.03%), Zinc: 0.86mg (5.72%), Folate: 22.6µg (5.65%), Manganese: 0.1mg (5.1%), Copper: 0.08mg (4.17%), Vitamin B12: 0.24µg (3.99%), Calcium: 32.16mg (3.22%), Fiber: 0.67g (2.66%)