



Sautéed Chicken with Onion Jam

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 2 teaspoons olive oil
- ☐ 5 cups onion red vertically sliced
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

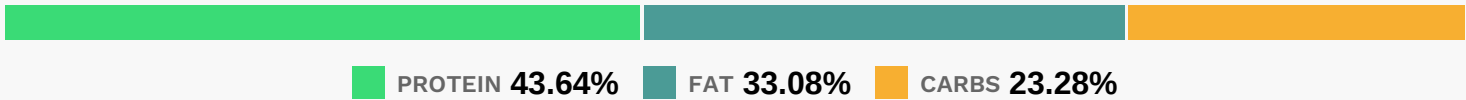
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 2 teaspoons olive oil to pan; swirl to coat.
- ☐ Add onion, thyme, and garlic to pan; saut 8 minutes, stirring frequently.
- ☐ Add balsamic vinegar and 1/4 teaspoon salt. Cover, reduce heat, and cook 15 minutes or until onion is very tender, stirring occasionally.
- ☐ Remove from heat; stir in chives, butter, and lemon juice.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil; swirl.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper.
- ☐ Add chicken to pan; saut 6 minutes on each side or until done.
- ☐ Serve with jam.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:22.342173861421%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin:

0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 10.07mg, Isorhamnetin: 10.07mg, Isorhamnetin: 10.07mg, Isorhamnetin: 10.07mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 40.65mg, Quercetin: 40.65mg, Quercetin: 40.65mg, Quercetin: 40.65mg

Nutrients (% of daily need)

Calories: 356.6kcal (17.83%), Fat: 12.99g (19.98%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 16.86g (6.13%), Sugar: 9.43g (10.48%), Cholesterol: 116.39mg (38.8%), Sodium: 375mg (16.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.56g (77.12%), Vitamin B3: 18.02mg (90.1%), Selenium: 55.59µg (79.41%), Vitamin B6: 1.53mg (76.57%), Phosphorus: 420.92mg (42.09%), Potassium: 947.84mg (27.08%), Vitamin B5: 2.69mg (26.91%), Vitamin C: 20.8mg (25.21%), Manganese: 0.35mg (17.66%), Magnesium: 68.61mg (17.15%), Fiber: 3.71g (14.86%), Vitamin B2: 0.24mg (13.86%), Vitamin B1: 0.2mg (13.63%), Folate: 46.78µg (11.69%), Zinc: 1.38mg (9.21%), Vitamin E: 1.24mg (8.28%), Iron: 1.47mg (8.16%), Copper: 0.14mg (7.03%), Calcium: 66.87mg (6.69%), Vitamin K: 6.51µg (6.2%), Vitamin B12: 0.35µg (5.77%), Vitamin A: 259.11IU (5.18%), Vitamin D: 0.17µg (1.13%)