

Sauteed Chicken with Shallot-Herb Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 teaspoons honey
- ☐ 4 teaspoons olive oil ()
- ☐ 2 cups shallots minced (10)
- ☐ 0.3 cup sherry wine vinegar
- ☐ 6 chicken breast halves boneless skinless
- ☐ 4 tablespoons water

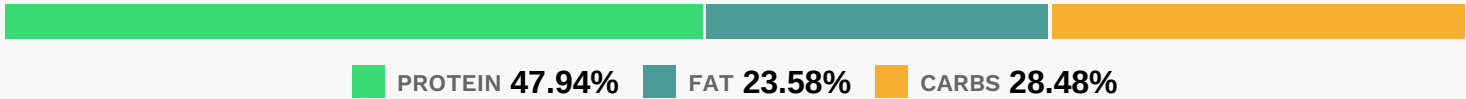
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Place chicken, grated shallots, and 4 teaspoons oil in large bowl; toss. Refrigerate at least 3 hours and up to 8 hours.
- ☐ Bring 1/3 cup minced shallots, vinegar, and 2 tablespoons water to boil in medium saucepan over medium-high heat. Boil 1 minute. Reduce heat to medium; simmer until shallots are soft, about 1 minute.
- ☐ Remove from heat.
- ☐ Whisk in 5 tablespoons oil, parsley, cilantro, honey, and 2 tablespoons water. Season sauce with salt and pepper. Set aside.
- ☐ Heat 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add remaining minced shallots; sauté about 3 minutes.
- ☐ Transfer to small bowl.
- ☐ Heat 1 tablespoon oil in same skillet.
- ☐ Sprinkle chicken with salt and pepper. Working in 2 batches, add chicken to skillet; sauté until cooked through, adding more oil if necessary, about 6 minutes per side.
- ☐ Transfer chicken to cutting board.
- ☐ Cut on diagonal into 1/2-inch-thick slices. Divide chicken among 6 plates.
- ☐ Sprinkle with sautéed shallots. Bring sauce to simmer. Spoon over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:4.27, Inflammation Score:-7, Nutrition Score:19.234347923942%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 219.99kcal (11%), Fat: 5.71g (8.79%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 12.82g (4.66%), Sugar: 8.17g (9.07%), Cholesterol: 72.32mg (24.11%), Sodium: 144.85mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.12g (52.25%), Vitamin K: 84.88µg (80.83%), Vitamin B3: 12.01mg (60.07%), Vitamin B6: 1.12mg (56.19%), Selenium: 37.13µg (53.04%), Phosphorus: 288.47mg (28.85%), Potassium: 715.02mg (20.43%), Vitamin B5: 1.86mg (18.61%), Vitamin C: 14.41mg (17.47%), Manganese: 0.26mg (13.11%), Magnesium: 49.02mg (12.26%), Fiber: 2.7g (10.79%), Folate: 39.06µg (9.77%), Iron: 1.75mg (9.7%), Vitamin A: 467.25IU (9.35%), Vitamin B1: 0.12mg (8.27%), Vitamin B2: 0.13mg (7.93%), Zinc: 1.03mg (6.89%), Copper: 0.11mg (5.55%), Vitamin E: 0.67mg (4.47%), Calcium: 42.88mg (4.29%), Vitamin B12: 0.23µg (3.77%)