



Sauteed Chicken with Tomato-Saffron Vinaigrette on Frisée



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pint basket cherry tomatoes halved
- ☐ 2 tablespoons thyme leaves fresh divided chopped
- ☐ 1 head frisée
- ☐ 4 tablespoons olive oil extra-virgin divided
- ☐ 1.5 teaspoons paprika hot divided
- ☐ 3 tablespoons rice vinegar white
- ☐ 0.1 teaspoon saffron threads crumbled

- ☐ 0.5 cup shallots minced
- ☐ 4 chicken breast halves boneless skinless

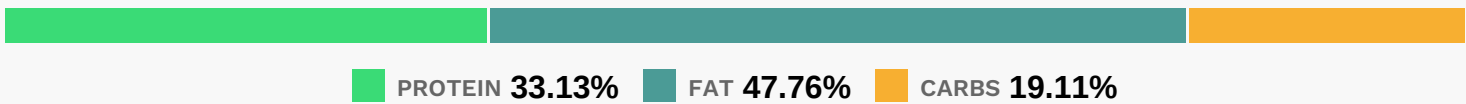
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix vinegar, 1/2 teaspoon paprika, and saffron in medium bowl.
- ☐ Mix in 3 tablespoons oil, shallots, and 1 tablespoon thyme. Stir in tomatoes. Season to taste with salt and pepper.
- ☐ Heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken breast halves with remaining 1 teaspoon paprika, 1 tablespoon thyme, and salt and pepper.
- ☐ Add to skillet; sauté until cooked through, turning often, about 12 minutes.
- ☐ Transfer chicken to work surface. Divide frisée among 4 plates. Slice chicken; fan atop frisée. Spoon vinaigrette over.
- ☐ *White balsamic vinegar can be found at some supermarkets and specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:2.42, Inflammation Score:-10, Nutrition Score:30.883043517237%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg, Luteolin: 2.79mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 324.38kcal (16.22%), Fat: 17.41g (26.79%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 10.89g (3.96%), Sugar: 7.54g (8.38%), Cholesterol: 72.32mg (24.11%), Sodium: 176.94mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.35%), Vitamin K: 180.95µg (172.33%), Vitamin A: 4379.35IU (87.59%), Vitamin B3: 12.9mg (64.48%), Vitamin C: 49.87mg (60.44%), Vitamin B6: 1.13mg (56.47%), Selenium: 37.32µg (53.32%), Phosphorus: 323.07mg (32.31%), Potassium: 1064.11mg (30.4%), Vitamin E: 4.4mg (29.33%), Manganese: 0.56mg (27.93%), Vitamin B5: 2.54mg (25.37%), Folate: 94.05µg (23.51%), Fiber: 4.79g (19.15%), Magnesium: 71.57mg (17.89%), Copper: 0.34mg (16.99%), Iron: 3.02mg (16.78%), Vitamin B2: 0.23mg (13.36%), Vitamin B1: 0.17mg (11.38%), Calcium: 105.38mg (10.54%), Zinc: 1.28mg (8.55%), Vitamin B12: 0.23µg (3.77%)