



## Sautéed Chicken with Tonnato Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 ounce albacore tuna in water flaked drained canned
- 1 fillet anchovy
- 4 cups arugula
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons capers
- 3 garlic cloves divided minced
- 2 tablespoons juice of lemon fresh divided
- 0.3 cup canola mayonnaise organic

- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

## Equipment

- food processor
- frying pan

## Directions

- Combine 1 tablespoon juice, oregano, and 2 garlic cloves in a large zip-top bag.
- Add chicken to bag; seal.
- Let stand 10 minutes, turning once.
- Heat oil in a large skillet over medium-high heat.
- Remove chicken from bag; discard marinade.
- Sprinkle both sides of chicken evenly with salt and pepper.
- Add chicken to pan. Cook 5 minutes on each side or until done.
- Let stand 5 minutes; cut chicken crosswise into 1/4-inch-thick slices.
- Combine remaining juice, remaining 1 garlic clove, mayonnaise, and next 3 ingredients (through tuna) in a food processor; process until smooth, scraping sides.
- Place 1 cup arugula on each of 4 plates. Arrange 1 chicken breast half on each plate; serve each serving with about 3 tablespoons sauce.

## Nutrition Facts



**PROTEIN 45.48%** **FAT 51.95%** **CARBS 2.57%**

## Properties

Glycemic Index:37.25, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:24.462173866189%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 8.3mg, Kaempferol: 8.3mg, Kaempferol: 8.3mg, Kaempferol: 8.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

## **Nutrients (% of daily need)**

Calories: 410.32kcal (20.52%), Fat: 23.16g (35.64%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 2.57g (0.86%), Net Carbohydrates: 1.91g (0.69%), Sugar: 0.75g (0.84%), Cholesterol: 132.19mg (44.06%), Sodium: 629.59mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.63g (91.26%), Selenium: 78.94µg (112.76%), Vitamin B3: 20.05mg (100.26%), Vitamin B6: 1.41mg (70.28%), Vitamin K: 59.16µg (56.34%), Phosphorus: 455.24mg (45.52%), Vitamin B5: 2.62mg (26.24%), Potassium: 819.88mg (23.43%), Magnesium: 68.83mg (17.21%), Vitamin B12: 0.78µg (13.06%), Vitamin E: 1.95mg (12.98%), Vitamin B2: 0.22mg (12.76%), Vitamin A: 556.57IU (11.13%), Vitamin C: 8.7mg (10.55%), Iron: 1.61mg (8.97%), Zinc: 1.34mg (8.96%), Manganese: 0.18mg (8.95%), Vitamin B1: 0.13mg (8.69%), Folate: 30.94µg (7.73%), Calcium: 62.02mg (6.2%), Vitamin D: 0.92µg (6.11%), Copper: 0.1mg (4.86%), Fiber: 0.67g (2.66%)