



Sautéed Chicken with Warm Bacon Vinaigrette



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices applewood-smoked bacon
- ☐ 6 cups arugula
- ☐ 0.5 teaspoon pepper black
- ☐ 2.5 teaspoons dijon mustard
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon maple syrup
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup shallots finely chopped
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons citrus champagne vinegar

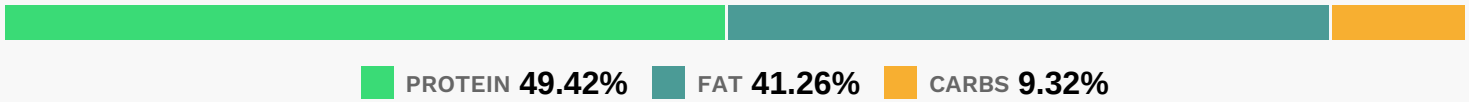
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle chicken evenly with 1/2 teaspoon salt and pepper.
- ☐ Add chicken to pan; saut 6 minutes on each side or until done.
- ☐ Remove chicken; let stand 8 minutes. Slice and keep warm.
- ☐ Reduce heat to medium.
- ☐ Add bacon to pan; cook 6 minutes or until crisp, turning once.
- ☐ Remove bacon from pan, reserving drippings; drain. Crumble bacon.
- ☐ Add shallots to drippings in pan, and cook for 30 seconds, stirring constantly. Stir in vinegar, scraping pan to loosen browned bits. Stir in broth, syrup, and mustard; cook for 1 minute, stirring frequently.
- ☐ Remove from heat. Arrange 1 1/2 cups arugula on each of 4 plates; sprinkle evenly with the remaining 1/8 teaspoon salt. Top each serving with 1 chicken breast half.
- ☐ Drizzle 2 tablespoons dressing over each serving; top with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:22.659130505894%

Flavonoids

Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg, Kaempferol: 10.47mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 330.51kcal (16.53%), Fat: 14.78g (22.74%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 6.35g (2.31%), Sugar: 4.82g (5.36%), Cholesterol: 119.75mg (39.92%), Sodium: 751.98mg (32.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.83g (79.67%), Vitamin B3: 18.55mg (92.75%), Selenium: 59.09µg (84.42%), Vitamin B6: 1.39mg (69.69%), Phosphorus: 409.81mg (40.98%), Vitamin K: 35.72µg (34.02%), Vitamin B5: 2.7mg (27.02%), Potassium: 884.41mg (25.27%), Magnesium: 66.7mg (16.67%), Manganese: 0.33mg (16.56%), Vitamin B2: 0.28mg (16.37%), Vitamin A: 773.21IU (15.46%), Vitamin B1: 0.19mg (12.4%), Folate: 41.19µg (10.3%), Zinc: 1.44mg (9.62%), Vitamin C: 7.77mg (9.42%), Iron: 1.45mg (8.05%), Calcium: 72.04mg (7.2%), Vitamin B12: 0.42µg (7.04%), Vitamin E: 1.05mg (6.98%), Copper: 0.1mg (4.77%), Fiber: 1.15g (4.6%), Vitamin D: 0.24µg (1.57%)