



Savory Balsamic Herb Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup chicken stock see swanson®
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 2 cups regular rice long-grain white cooked
- ☐ 1.5 pounds chicken thighs boneless skinless

☐ 1 teaspoon thyme leaves dried crushed

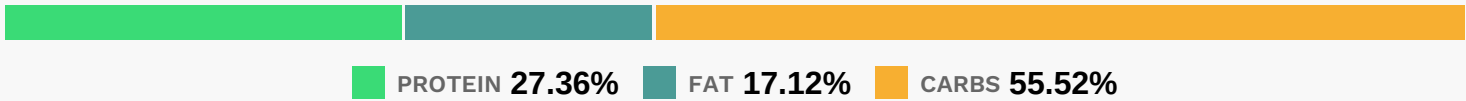
Equipment

☐ frying pan

Directions

- ☐ Coat the chicken with the flour.
- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the chicken in 2 batches and cook until well browned on both sides.
- ☐ Remove the chicken from the skillet.
- ☐ Add the onion and garlic to the skillet and cook until they're tender. Stir the broth, vinegar and thyme in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
- ☐ Serve the chicken and sauce with the rice.

Nutrition Facts



Properties

Glycemic Index:48.03, Glycemic Load:32.13, Inflammation Score:-5, Nutrition Score:14.802608619566%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 408.62kcal (20.43%), Fat: 7.54g (11.61%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 55.04g (18.35%), Net Carbohydrates: 53.68g (19.52%), Sugar: 2.12g (2.35%), Cholesterol: 108.51mg (36.17%), Sodium: 251.84mg (10.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.26%), Selenium: 36.21µg (51.73%), Manganese: 0.79mg (39.29%), Vitamin B3: 7.6mg (37.98%), Vitamin B6: 0.65mg (32.52%), Phosphorus: 297.38mg (29.74%), Vitamin B5: 2.04mg (20.39%), Zinc: 2.51mg (16.7%), Vitamin B2: 0.28mg (16.22%), Vitamin B1: 0.19mg (12.45%), Vitamin B12: 0.73µg (12.23%), Potassium: 407mg (11.63%), Magnesium: 46.36mg (11.59%), Copper: 0.22mg

(11.23%), Iron: 1.72mg (9.57%), Fiber: 1.36g (5.45%), Folate: 18.97µg (4.74%), Vitamin K: 4.88µg (4.65%), Vitamin E: 0.63mg (4.21%), Calcium: 39.79mg (3.98%), Vitamin C: 2.7mg (3.27%)