



Skillet Balsamic Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 2 tablespoons flour all-purpose
- 2 tablespoons olive oil
- 2 large onion quartered
- 2 tablespoons oregano dried
- 0.3 cup red wine vinegar
- 4 chicken breast halves boneless skinless cut into bite size pieces

Equipment

frying pan

Directions

- In a large skillet, heat oil and saute chicken strips over high heat until no longer pink and juices run clear.
- Remove chicken from skillet and place on a plate.
- Peel onion layers apart.
- Add onions to skillet and saute over low heat for 15 minutes, until they are translucent.
- Add the reserved chicken strips, balsamic vinegar, red wine vinegar and oregano and cook for 5 more minutes.
- Add the flour and stir into the mixture to thicken.
- Heat through 2 minutes longer, remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:6.36, Inflammation Score:-9, Nutrition Score:15.843043389528%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 271.86kcal (13.59%), Fat: 10.15g (15.61%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 14.62g (5.32%), Sugar: 8.06g (8.95%), Cholesterol: 72.32mg (24.11%), Sodium: 143.45mg (6.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.18%), Vitamin B3: 12.21mg (61.05%), Selenium: 37.92µg (54.17%), Vitamin B6: 0.96mg (48.21%), Phosphorus: 274.05mg (27.41%), Vitamin K: 20.29µg (19.33%), Vitamin B5: 1.74mg (17.42%), Potassium: 604.71mg (17.28%), Manganese: 0.31mg (15.63%), Magnesium: 48.88mg (12.22%), Vitamin E: 1.7mg (11.31%), Iron: 2.01mg (11.14%), Fiber: 2.44g (9.76%), Vitamin B2: 0.17mg (9.7%), Vitamin B1: 0.14mg (9.38%), Vitamin C: 7.04mg (8.53%), Folate: 31.56µg (7.89%), Calcium: 72.96mg (7.3%), Zinc: 0.91mg (6.04%), Copper: 0.09mg (4.54%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 77.93IU (1.56%)