



## Skillet Chicken Breast Aglio e Olio

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 2 tablespoons capers drained
- 4 pickled cherry peppers hot halved seeded
- 1 tablespoon breadcrumbs dry
- 1.5 ounces flour all-purpose
- 3 tablespoons parsley fresh chopped
- 8 garlic clove thinly sliced
- 1 tablespoon olive oil
- 0.5 teaspoon salt divided

- 36 ounce chicken breast halves boneless skinless
- 1 cup vegetable stock organic (such as Swanson Certified )

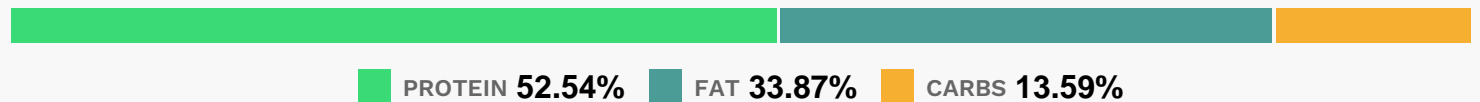
## Equipment

- frying pan

## Directions

- Sprinkle chicken with 1/4 teaspoon salt. Dredge chicken in flour.
- Heat oil and butter in a large nonstick skillet over medium heat.
- Add chicken; cook 4 minutes on each side or until browned.
- Add garlic; cook 30 seconds.
- Add capers and peppers; cook 30 seconds.
- Add broth; bring to a boil. Reduce heat, and simmer 5 minutes or until chicken is done. Stir in breadcrumbs; cook until liquid thickens (about 1 minute). Taste sauce, and add remaining 1/4 teaspoon salt, if needed.
- Remove from heat; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:38.67, Glycemic Load:4.53, Inflammation Score:-6, Nutrition Score:20.146521801534%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg, Kaempferol: 3.54mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

## Nutrients (% of daily need)

Calories: 294.63kcal (14.73%), Fat: 10.74g (16.52%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 8.69g (3.16%), Sugar: 0.53g (0.58%), Cholesterol: 118.9mg (39.63%), Sodium: 838.3mg (36.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.48g (74.97%), Vitamin B3: 18.34mg (91.72%), Selenium: 57.9µg (82.72%), Vitamin B6: 1.33mg (66.57%), Phosphorus: 376.27mg (37.63%), Vitamin K: 35.73µg

(34.03%), Vitamin B5: 2.5mg (25.02%), Potassium: 669.58mg (19.13%), Vitamin B2: 0.22mg (13.15%), Vitamin B1: 0.19mg (12.74%), Magnesium: 49.48mg (12.37%), Vitamin A: 423.59IU (8.47%), Manganese: 0.16mg (8.09%), Zinc: 1.14mg (7.61%), Vitamin C: 6.06mg (7.35%), Iron: 1.29mg (7.17%), Folate: 25.47µg (6.37%), Vitamin B12: 0.35µg (5.9%), Vitamin E: 0.81mg (5.43%), Copper: 0.09mg (4.27%), Fiber: 1g (4.01%), Calcium: 24.95mg (2.49%), Vitamin D: 0.17µg (1.13%)