



Spice-Rubbed Chicken Breasts with Lemon-Shallot Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 cup wine dry white
- ☐ 4 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 0.8 teaspoon ground allspice
- ☐ 1 teaspoon pepper black
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated

- ☐ 1 cup chicken broth canned
- ☐ 8 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 8 chicken breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Mix salt, pepper, and 1/2 teaspoon allspice in small bowl. Rub spice mixture over both sides of chicken.
- ☐ Heat 1 tablespoon oil in each of 2 large nonstick skillets over medium-high heat. Divide chicken between skillets and sauté until cooked through, about 4 minutes per side.
- ☐ Transfer chicken to work surface. Tent with foil to keep warm.
- ☐ Add 1/4 cup wine to each skillet and bring to boil, scraping up any browned bits.
- ☐ Combine wine in 1 skillet. Stir in broth, 1 tablespoon lemon juice, and lemon peel. Boil until reduced to 1/2 cup, about 5 minutes.
- ☐ Whisk in shallots, thyme, 6 tablespoons oil, 2 tablespoons lemon juice, and 1/4 teaspoon allspice; season sauce with salt and pepper.
- ☐ Cut chicken crosswise into 1/2-inch-thick slices.
- ☐ Divide chicken among plates. Spoon sauce over.
- ☐ Sprinkle with parsley.

Nutrition Facts



 **PROTEIN 37.83%**  **FAT 58.94%**  **CARBS 3.23%**

Properties

Glycemic Index:21.13, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:14.339565297832%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 274.97kcal (13.75%), Fat: 17.17g (26.41%), Saturated Fat: 2.64g (16.5%), Carbohydrates: 2.12g (0.7%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.56g (0.62%), Cholesterol: 72.32mg (24.11%), Sodium: 433.37mg (18.84%), Alcohol: 1.54g (100%), Alcohol %: 1.07% (100%), Protein: 24.79g (49.58%), Vitamin B3: 12.26mg (61.29%), Selenium: 36.23µg (51.76%), Vitamin B6: 0.87mg (43.63%), Vitamin K: 41.94µg (39.95%), Phosphorus: 252.89mg (25.29%), Vitamin B5: 1.65mg (16.46%), Vitamin E: 2.26mg (15.06%), Potassium: 487.15mg (13.92%), Vitamin C: 7.51mg (9.1%), Magnesium: 34.2mg (8.55%), Vitamin B2: 0.13mg (7.62%), Vitamin B1: 0.08mg (5.23%), Zinc: 0.75mg (4.99%), Iron: 0.85mg (4.69%), Manganese: 0.09mg (4.41%), Vitamin A: 217.32IU (4.35%), Vitamin B12: 0.26µg (4.26%), Copper: 0.06mg (2.93%), Folate: 9.97µg (2.49%), Calcium: 16.55mg (1.66%), Fiber: 0.35g (1.42%)