



Strawberry Balsamic Chicken

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon mint leaves fresh minced
- 2 teaspoons parsley fresh minced
- 1 teaspoon ground cinnamon
- 1 tablespoon ground pepper black
- 1 teaspoon kosher salt
- 1 teaspoon juice of lemon
- 2 tablespoons olive oil
- 4 chicken breast halves boneless skinless

- 4 large strawberries
- 32 ounce strawberry yogurt
- 1 tablespoon sugar white

Equipment

- bowl
- frying pan
- sauce pan
- baking pan

Directions

- In a medium bowl, stir together the yogurt, 1/2 cup balsamic vinegar, sugar, pepper, cinnamon and salt.
- Place chicken breast halves in a shallow baking dish, and pour the sauce over them. Refrigerate for 1 hour, turning chicken over half way through.
- Heat the olive oil in a large skillet over medium-high heat. Scrape the marinade off of the chicken breasts, and place them into the hot oil. Quickly brown the chicken on both sides, then reduce the heat to medium-low, cover, and cook until chicken is no longer pink and juices run clear, about 15 minutes.
- Remove from heat, and let rest for 3 minutes.
- While the chicken is cooking, transfer the marinade to a saucepan. Bring to a low simmer over medium heat.
- Remove stems from strawberries, and slice thinly so they will fan nicely. Set aside.
- Slice chicken breasts on the diagonal into 1/2 inch thick slices.
- Place on serving plates, and sprinkle with lemon juice. Spoon about 2 tablespoons of the marinade over each chicken breast, and fan one sliced strawberry over the top.
- Garnish with a sprinkle of fresh mint and parsley. If you really love balsamic vinegar, finish the dish off with an artful drizzle.

Nutrition Facts



■ PROTEIN 29.47% ■ FAT 24.37% ■ CARBS 46.16%

Properties

Glycemic Index:44.77, Glycemic Load:2.9, Inflammation Score:-3, Nutrition Score:18.308261062788%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 447.53kcal (22.38%), Fat: 12.12g (18.64%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 49.78g (18.1%), Sugar: 43.38g (48.2%), Cholesterol: 92.73mg (30.91%), Sodium: 838.03mg (36.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Vitamin B3: 11.92mg (59.58%), Selenium: 36.38µg (51.97%), Vitamin B6: 0.86mg (43.24%), Phosphorus: 423.52mg (42.35%), Vitamin B2: 0.53mg (31.23%), Calcium: 267.23mg (26.72%), Potassium: 884.89mg (25.28%), Vitamin B12: 1.41µg (23.42%), Vitamin C: 17.81mg (21.59%), Manganese: 0.4mg (20.1%), Vitamin B5: 1.67mg (16.69%), Magnesium: 35.89mg (8.97%), Vitamin E: 1.33mg (8.87%), Vitamin K: 8.47µg (8.06%), Fiber: 1.87g (7.49%), Iron: 1.06mg (5.9%), Vitamin B1: 0.08mg (5.39%), Zinc: 0.72mg (4.82%), Copper: 0.07mg (3.31%), Folate: 11.64µg (2.91%), Vitamin A: 122.48IU (2.45%)