



The Easiest Blackened Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 teaspoons ground pepper black



4 chicken breast halves boneless skinless



1 cup worcestershire sauce

Equipment

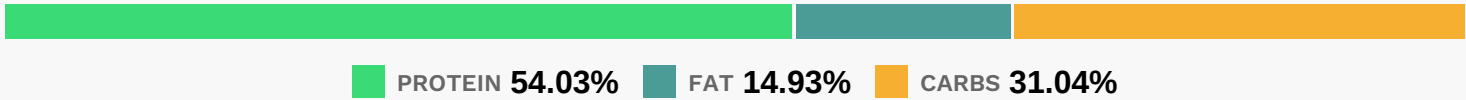


frying pan

Directions

- ☐
- In a large skillet combine the Worcestershire sauce and ground black pepper.
- ☐
- Add the chicken and simmer over medium heat until the sauce begins to boil. Reduce heat to low and let simmer for 15 to 20 minutes. Turn chicken occasionally, spooning sauce over it. The sauce will thicken.
- ☐
- Let cool and serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:14.708260909371%

Nutrients (% of daily need)

Calories: 184.27kcal (9.21%), Fat: 2.96g (4.55%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 13.59g (4.94%), Sugar: 6.88g (7.65%), Cholesterol: 72.32mg (24.11%), Sodium: 1025.03mg (44.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Vitamin B3: 12.28mg (61.39%), Selenium: 36.55µg (52.22%), Vitamin B6: 0.85mg (42.46%), Potassium: 981.39mg (28.04%), Phosphorus: 280.13mg (28.01%), Iron: 4.16mg (23.11%), Vitamin B5: 1.62mg (16.24%), Vitamin C: 10.29mg (12.48%), Vitamin B2: 0.2mg (12.01%), Magnesium: 40.03mg (10.01%), Copper: 0.18mg (9.07%), Calcium: 83.64mg (8.36%), Vitamin B1: 0.12mg (8.1%), Manganese: 0.14mg (7.22%), Zinc: 0.8mg (5.32%), Vitamin B12: 0.23µg (3.77%), Folate: 10.19µg (2.55%), Vitamin K: 2.55µg (2.43%), Vitamin A: 93.68IU (1.87%), Vitamin E: 0.28mg (1.87%), Fiber: 0.25g (1.01%)