



Two-Pepper Chicken with Honey Butter

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black crushed
- ☐ 0.3 cup butter softened
- ☐ 2 tablespoons honey
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon peppercorns cracked white crushed

Equipment

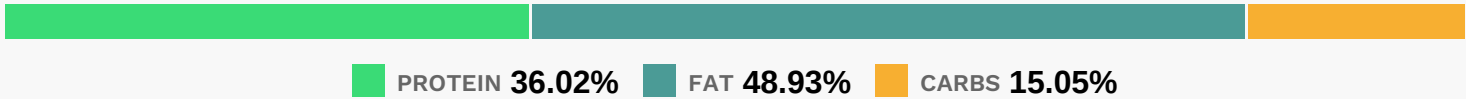
- ☐ bowl

☐ frying pan

Directions

- ☐ Coat both sides of chicken with peppercorns. In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170F).
- ☐ In small bowl, mix butter and honey. Top chicken with honey butter.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:4.82, Inflammation Score:-5, Nutrition Score:16.590869735117%

Nutrients (% of daily need)

Calories: 342.79kcal (17.14%), Fat: 18.65g (28.7%), Saturated Fat: 3.75g (23.43%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.29g (4.11%), Sugar: 8.64g (9.6%), Cholesterol: 90.72mg (30.24%), Sodium: 299.32mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.79%), Vitamin B3: 14.84mg (74.18%), Selenium: 45.68µg (65.26%), Vitamin B6: 1.08mg (53.82%), Phosphorus: 311.81mg (31.18%), Manganese: 0.51mg (25.37%), Vitamin B5: 2.07mg (20.74%), Potassium: 571.81mg (16.34%), Magnesium: 45.09mg (11.27%), Vitamin A: 563.69IU (11.27%), Vitamin K: 10.63µg (10.12%), Vitamin B2: 0.16mg (9.42%), Iron: 1.34mg (7.45%), Vitamin E: 1.01mg (6.76%), Fiber: 1.62g (6.49%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.92mg (6.11%), Copper: 0.11mg (5.45%), Vitamin B12: 0.3µg (4.96%), Calcium: 32.84mg (3.28%), Vitamin C: 2.56mg (3.1%), Folate: 6.82µg (1.7%)