



## Zesty Chicken Sauté



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 24 ounce chicken breast halves boneless skinless frozen (defrosted if )
- ☐ 1 teaspoon chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon onion powder
- ☐ 1 tbsp vegetable oil for frying

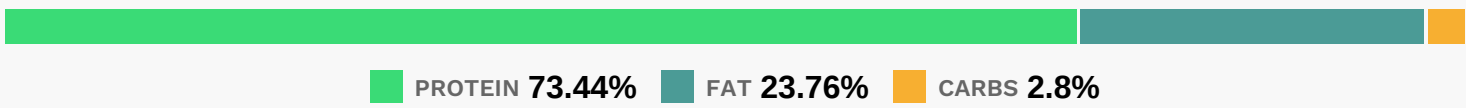
### Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

## Directions

- ☐ Place the chili powder, garlic powder, onion powder, cumin, salt (if using) and allspice (if using) in a gallon-size zipper-top bag and seal the bag. Shake the bag to combine the spices thoroughly. (NOTE: I usually omit the onion powder and put in about a 1/2 tsp lemon pepper. I like that the best!).<sup>2</sup>
- ☐ Place the chicken breast halves, one at a time, between two sheets of waxed paper or plastic wrap and pound them with several whacks of a meat mallet or rolling pin so that they are an even 1/2 inch thick. Peel off the paper. (Each serving should be about 6 ounces, so if the breast halves are large, cut them in half lengthwise.).<sup>3</sup>
- ☐ Place the chicken pieces in the bag with the spices, seal it, and shake until the chicken is coated with the spice mixture. Set the bag aside.<sup>4</sup>
- ☐ Heat the oil in an extra-deep 12 inch skillet over medium heat.
- ☐ Add the chicken pieces and cook until lightly browned on the first side, 4 to 5 minutes. Turn the chicken and cook until no longer pink in the center, another 4 to 5 minutes.<sup>5</sup>
- ☐ Transfer the chicken to a platter and serve.<sup>6</sup> A salad would be great alongside. My family's favourite is Deep Browned Potatoes (Deep Browned Potatoes) and corn.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:16.743912909342%

## Nutrients (% of daily need)

Calories: 206.79kcal (10.34%), Fat: 5.23g (8.05%), Saturated Fat: 1.09g (6.82%), Carbohydrates: 1.39g (0.46%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.09g (0.1%), Cholesterol: 108.86mg (36.29%), Sodium: 206.84mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.81%), Vitamin B3: 17.82mg (89.11%), Selenium: 54.8µg (78.29%), Vitamin B6: 1.3mg (65.09%), Phosphorus: 364.81mg (36.48%), Vitamin B5: 2.44mg (24.38%), Potassium:

658.76mg (18.82%), Magnesium: 47.2mg (11.8%), Vitamin B2: 0.18mg (10.42%), Vitamin B1: 0.12mg (7.82%), Zinc: 1.06mg (7.09%), Vitamin B12: 0.34µg (5.67%), Iron: 0.95mg (5.29%), Vitamin A: 203.13IU (4.06%), Vitamin E: 0.58mg (3.89%), Copper: 0.06mg (3.04%), Manganese: 0.06mg (2.99%), Vitamin C: 2.24mg (2.71%), Vitamin K: 2.16µg (2.05%), Folate: 7.69µg (1.92%), Calcium: 15.82mg (1.58%), Fiber: 0.37g (1.48%), Vitamin D: 0.17µg (1.13%)