



Zesty Chicken Sauté

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



206 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
- 0.5 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!).²
- 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.).³
- 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.⁴
- 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.⁵
- Transfer the chicken to a platter and serve.⁶ A salad would be great alongside. My family's favourite is Deep Browned Potatoes (Deep Browned Potatoes) and corn.

Nutrition Facts

PROTEIN 73.61% **FAT 23.77%** **CARBS 2.62%**

Properties

Glycemic Index:2.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:16.714782543804%

Nutrients (% of daily need)

Calories: 206.46kcal (10.32%), Fat: 5.22g (8.04%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.09g (0.1%), Cholesterol: 108.86mg (36.29%), Sodium: 206.75mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.4g (72.8%), Vitamin B3: 17.82mg (89.09%), Selenium: 54.8µg (78.28%), Vitamin B6: 1.3mg (65.08%), Phosphorus: 364.67mg (36.47%), Vitamin B5: 2.44mg (24.38%), Potassium: 657.45mg (18.78%), Magnesium: 47.03mg (11.76%), Vitamin B2: 0.18mg (10.42%), Vitamin B1: 0.12mg (7.82%), Zinc: 1.06mg (7.08%), Vitamin B12: 0.34µg (5.67%), Iron: 0.94mg (5.24%), Vitamin A: 202.45IU (4.05%), Vitamin E:

0.58mg (3.89%), Copper: 0.06mg (3%), Manganese: 0.06mg (2.81%), Vitamin C: 2.19mg (2.65%), Vitamin K: 2.16µg (2.05%), Folate: 7.64µg (1.91%), Calcium: 14.99mg (1.5%), Fiber: 0.34g (1.38%), Vitamin D: 0.17µg (1.13%)