



Zesty Italian Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup less-sodium chicken broth fat-free (or water)
- ☐ 4 tablespoons flour all-purpose
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup dressing italian reduced-fat
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.5 juice of lemon

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 24 ounce chicken breast halves boneless skinless

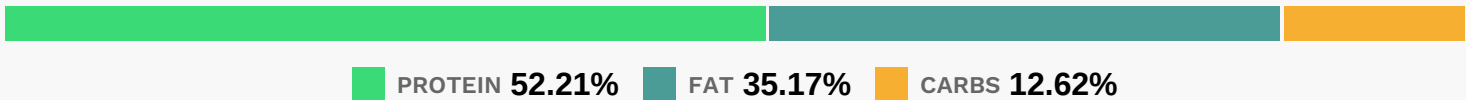
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine flour, Italian seasoning, and pepper in a bowl.
- ☐ Dry the chicken breasts with a paper towel, then dredge them in the flour mixture. Pat off excess flour.
- ☐ Heat olive oil in a large skillet over medium-high heat; add chicken breasts and cook 3 minutes on each side or until golden brown.
- ☐ Remove chicken from the skillet and place in an ovenproof dish.
- ☐ Bake 10-12 minutes.
- ☐ About 3 minutes before the chicken is done, make the sauce. Reheat skillet over medium heat, add garlic, and saut 1 minute.
- ☐ Add the broth and simmer until reduced by half.
- ☐ Add the lemon zest, juice, and dressing; cook another minute.
- ☐ Add the parsley and remove from heat.
- ☐ Remove the chicken breasts from the oven. Spoon sauce over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:4.38, Inflammation Score:-4, Nutrition Score:19.645217340925%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 294.14kcal (14.71%), Fat: 11.16g (17.16%), Saturated Fat: 1.91g (11.92%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 8.47g (3.08%), Sugar: 1.77g (1.97%), Cholesterol: 108.86mg (36.29%), Sodium: 402.54mg (17.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.27g (74.53%), Vitamin B3: 18.34mg (91.7%), Selenium: 57.93µg (82.76%), Vitamin B6: 1.32mg (66.24%), Phosphorus: 374.33mg (37.43%), Vitamin K: 30.45µg (29%), Vitamin B5: 2.5mg (25.02%), Potassium: 680.4mg (19.44%), Vitamin B2: 0.22mg (12.77%), Magnesium: 49.6mg (12.4%), Vitamin B1: 0.18mg (11.93%), Vitamin E: 1.26mg (8.41%), Manganese: 0.16mg (8.17%), Iron: 1.35mg (7.52%), Zinc: 1.11mg (7.37%), Vitamin C: 5.59mg (6.78%), Vitamin B12: 0.37µg (6.14%), Folate: 24.21µg (6.05%), Copper: 0.08mg (3.79%), Vitamin A: 150.17IU (3%), Calcium: 26.36mg (2.64%), Fiber: 0.54g (2.15%), Vitamin D: 0.17µg (1.13%)