

Balsamic Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup rice long-grain hot cooked
- ☐ 4 garlic cloves sliced
- ☐ 1 cup bell pepper green sliced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 cup mushrooms sliced
- ☐ 1 teaspoon olive oil

- ☐ 0.8 cup onion coarsely chopped
- ☐ 8 ounce chicken breast halves boneless skinless

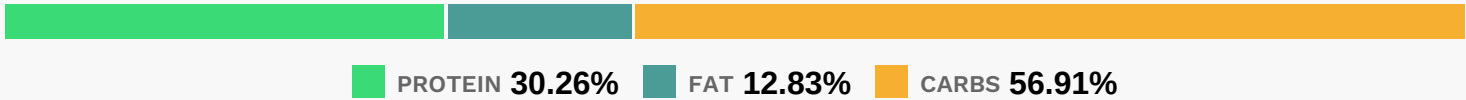
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add chicken; cook 4 minutes on each side or until browned.
- ☐ Add bell pepper and next 4 ingredients (bell pepper through tomatoes). Reduce heat to medium-low; cook 20 minutes or until chicken is done.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:150.5, Glycemic Load:35.67, Inflammation Score:-8, Nutrition Score:32.742174073406%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg, Luteolin: 3.52mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 13.93mg, Quercetin: 13.93mg, Quercetin: 13.93mg, Quercetin: 13.93mg

Nutrients (% of daily need)

Calories: 424.65kcal (21.23%), Fat: 6.03g (9.28%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 60.22g (20.07%), Net Carbohydrates: 53.04g (19.29%), Sugar: 23.28g (25.87%), Cholesterol: 72.57mg (24.19%), Sodium: 424.84mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.03g (64.05%), Vitamin C: 86.75mg (105.16%), Vitamin B6: 1.57mg (78.37%), Vitamin B3: 15.6mg (78.02%), Selenium: 45.76µg (65.37%), Manganese: 1.17mg (58.68%), Potassium: 1413.65mg (40.39%), Phosphorus: 403.27mg (40.33%), Copper: 0.61mg (30.64%), Fiber: 7.18g (28.71%), Vitamin B5: 2.87mg (28.68%), Magnesium: 106.45mg (26.61%), Iron: 4.63mg (25.72%), Vitamin E: 3.58mg (23.87%), Vitamin K: 24.4µg (23.23%), Vitamin B1: 0.34mg (22.41%), Vitamin B2: 0.33mg (19.28%), Vitamin A:

770.32IU (15.41%), Calcium: 149.12mg (14.91%), Folate: 57.07µg (14.27%), Zinc: 2.01mg (13.39%), Vitamin B12: 0.23µg (3.86%)