



WHAT'SHEATE



Balsamic Chicken with White Beans & Spinach



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounces baby spinach fresh
- ☐ 0.3 cup balsamic vinegar
- ☐ 15 ounces kidney beans white rinsed drained canned (cannellini)
- ☐ 10.8 ounces cream of mushroom soup canned
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 1 pound chicken breast halves boneless skinless

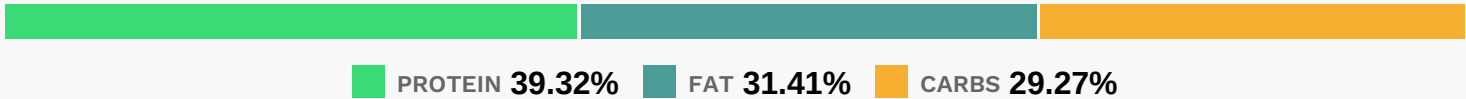
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the chicken and cook for 10 minutes or until it's well browned on both sides.
- ☐ Remove the chicken from the skillet.
- ☐ Reduce the heat to medium.
- ☐ Add the garlic to the skillet and cook and stir for 1 minute. Stir in the vinegar and cook, scraping up the browned bits from the bottom of the pan.
- ☐ Stir the soup and beans in the skillet and heat to a boil. Return the chicken to the skillet. Reduce the heat to medium. Stir in the spinach. Cover and cook until the chicken is cooked through and the spinach is wilted.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:7.51, Inflammation Score:-10, Nutrition Score:32.565217484599%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 357.2kcal (17.86%), Fat: 12.35g (19%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 25.89g (8.63%), Net Carbohydrates: 18.97g (6.9%), Sugar: 5.37g (5.97%), Cholesterol: 76.38mg (25.46%), Sodium: 988.48mg (42.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.79g (69.59%), Vitamin K: 248.46µg (236.63%), Vitamin A: 4686.31IU (93.73%), Vitamin B3: 13.41mg (67.07%), Selenium: 38.27µg (54.67%), Vitamin B6: 1.09mg (54.48%), Manganese: 1.07mg (53.27%), Phosphorus: 404.71mg (40.47%), Folate: 133.82µg (33.46%), Potassium: 1101.7mg (31.48%), Fiber: 6.93g (27.7%), Magnesium: 109.02mg (27.25%), Iron: 3.86mg (21.43%), Copper: 0.42mg (20.8%), Vitamin C: 16.85mg (20.43%), Vitamin B5: 1.94mg (19.45%), Vitamin B2: 0.33mg (19.21%), Zinc: 2.46mg (16.41%), Vitamin B1: 0.24mg (16.25%), Vitamin E: 2.25mg (15.02%), Calcium: 98.54mg (9.85%), Vitamin B12: 0.35µg (5.81%)