



Balsamic Vinegar Chicken with Almond Peppers

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons breadcrumbs dry
- ☐ 2 egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 0.8 pound bell peppers green
- ☐ 2 teaspoons olive oil

- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 cup raisins
- ☐ 0.8 pound bell peppers red
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce skinned
- ☐ 0.3 cup slivered almonds toasted
- ☐ 1.5 teaspoons sugar
- ☐ 2 tablespoons water

Equipment

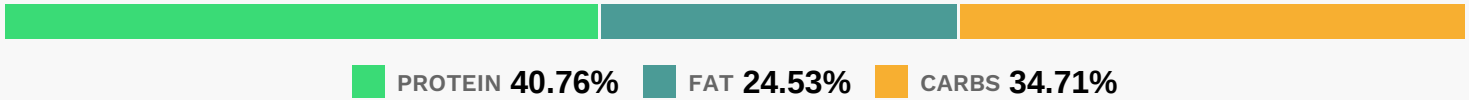
- ☐ frying pan
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Cut bell peppers into 2 x 2 1/2-inch strips.
- ☐ Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add peppers; saut 8 minutes.
- ☐ Add raisins; saut 1 minute.
- ☐ Add 1/4 cup vinegar, sugar, salt, and black pepper; cook 1 minute.
- ☐ Remove from heat; stir in almonds. Set aside, and keep warm.
- ☐ Place each piece of chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Combine breadcrumbs and cheese in a shallow dish.
- ☐ Place flour in a shallow dish; dredge each chicken piece in flour, and dip in egg whites. Dredge chicken in breadcrumb mixture.
- ☐ Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat.

- ☐
- Add the chicken, and cook for 3 minutes on each side or until done.
- ☐
- Remove from heat.
- ☐
- Place the chicken and bell pepper mixture on a serving platter; set aside, and keep warm.
- ☐
- Add 2 tablespoons vinegar and water to pan; stir with a wooden spoon to loosen browned bits. Spoon mixture over chicken and bell pepper mixture.

Nutrition Facts



Properties

Glycemic Index:64.65, Glycemic Load:9.25, Inflammation Score:-9, Nutrition Score:24.713043557561%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 289.47kcal (14.47%), Fat: 7.86g (12.1%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 21.4g (7.78%), Sugar: 7.72g (8.58%), Cholesterol: 74.75mg (24.92%), Sodium: 335.73mg (14.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.4g (58.8%), Vitamin C: 119.96mg (145.4%), Vitamin B3: 13.56mg (67.8%), Selenium: 42.49µg (60.69%), Vitamin B6: 1.17mg (58.68%), Vitamin A: 2040.95IU (40.82%), Phosphorus: 326.23mg (32.62%), Potassium: 792.63mg (22.65%), Vitamin B2: 0.34mg (20.12%), Vitamin B5: 1.95mg (19.55%), Manganese: 0.39mg (19.26%), Vitamin E: 2.69mg (17.9%), Vitamin B1: 0.24mg (16.27%), Magnesium: 63.83mg (15.96%), Fiber: 3.64g (14.56%), Folate: 53.95µg (13.49%), Iron: 1.86mg (10.34%), Copper: 0.18mg (8.88%), Zinc: 1.26mg (8.42%), Vitamin K: 8.46µg (8.06%), Calcium: 67.13mg (6.71%), Vitamin B12: 0.29µg (4.78%)