



Basque-Style Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups bell pepper strips mixed green red
- 14 oz canned tomatoes diced with garlic and olive oil, drained canned
- 3 cups rice long-grain white hot cooked
- 0.5 tsp pepper red crushed
- 3 slices oscar mayer ham boiled finely chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 onion sliced
- 0.5 tsp paprika

1.5 lb chicken breasts boneless skinless

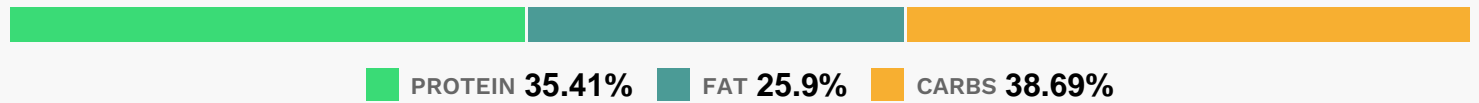
Equipment

frying pan

Directions

- Heat 1/4 cup dressing in large skillet on medium-high heat.
- Add chicken; cook 2 to 3 min. on each side or until evenly browned on both sides.
- Remove chicken from skillet; set aside.
- Add remaining dressing, onions and ham to skillet; cook and stir 5 min. or until onions are crisp-tender. Stir in bell peppers, tomatoes, paprika and crushed red pepper; top with chicken.
- Bring to boil; cover. Simmer on low heat 20 min. or until chicken is done (165F).
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:3.36, Inflammation Score:-3, Nutrition Score:3.6847826501598%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 46.93kcal (2.35%), Fat: 1.34g (2.05%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 4.09g (1.49%), Sugar: 1.02g (1.14%), Cholesterol: 10.83mg (3.61%), Sodium: 79.22mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.21%), Vitamin C: 13.91mg (16.86%), Vitamin B3: 1.87mg (9.37%), Selenium: 6.14µg (8.77%), Vitamin B6: 0.17mg (8.72%), Vitamin A: 346.03IU (6.92%), Phosphorus: 45.78mg (4.58%), Manganese: 0.07mg (3.75%), Potassium: 109.29mg (3.12%), Vitamin B5: 0.31mg (3.11%), Vitamin B1: 0.03mg (2.27%), Vitamin E: 0.33mg (2.2%), Vitamin K: 2.29µg (2.18%), Vitamin B2: 0.04mg (2.06%), Magnesium: 8.17mg (2.04%), Folate: 6.73µg (1.68%), Fiber: 0.4g (1.59%), Zinc: 0.23mg (1.52%), Iron: 0.24mg (1.35%), Copper: 0.02mg (1.13%)