



WHATSheATE



Bistro Chicken and Peppers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.1 teaspoon fennel seeds
- ☐ 1 garlic clove coarsely chopped
- ☐ 2 cups d potatoes prepared mashed such as Simply Potatoes
- ☐ 1 medium bell pepper red
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons shallots finely chopped
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 0.8 teaspoon vegetable oil
- ☐ 1 medium bell pepper yellow

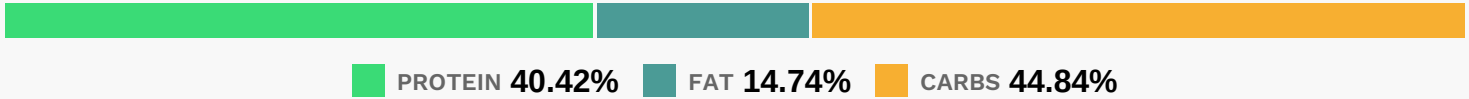
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 20 minutes. Peel and cut into (1/2-inch) strips; set aside.
- ☐ Combine salt and garlic on a cutting board; chop until mixture becomes a coarse paste. Rub garlic mixture over chicken.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes or until golden, turning once.
- ☐ Add shallots; cook 1 minute, stirring frequently.
- ☐ Add broth, curry, thyme, and fennel. Cover, reduce heat, and simmer 10 minutes.
- ☐ Add peppers; cook 2 minutes or until chicken is done.
- ☐ Warm the mashed potatoes according to package directions.
- ☐ Serve potatoes with chicken and pepper mixture.

Nutrition Facts



Properties

Glycemic Index:90.38, Glycemic Load:28.16, Inflammation Score:-10, Nutrition Score:34.858261186144%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 417.62kcal (20.88%), Fat: 6.86g (10.56%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 39.82g (14.48%), Sugar: 5.05g (5.61%), Cholesterol: 108.86mg (36.29%), Sodium: 738.39mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.34g (84.68%), Vitamin C: 230.19mg (279.02%), Vitamin B6: 2.24mg (112.01%), Vitamin B3: 21.46mg (107.3%), Selenium: 57.06µg (81.51%), Potassium: 1839.7mg (52.56%), Phosphorus: 525.42mg (52.54%), Vitamin A: 2050.1IU (41%), Vitamin B5: 3.44mg (34.4%), Manganese: 0.6mg (30.02%), Fiber: 7.16g (28.65%), Magnesium: 113.01mg (28.25%), Vitamin B1: 0.34mg (22.8%), Folate: 88.97µg (22.24%), Copper: 0.38mg (19.04%), Iron: 3.42mg (19.01%), Vitamin B2: 0.32mg (18.93%), Zinc: 1.96mg (13.09%), Vitamin K: 12.52µg (11.93%), Vitamin E: 1.65mg (11.01%), Vitamin B12: 0.45µg (7.56%), Calcium: 60.74mg (6.07%), Vitamin D: 0.17µg (1.13%)