



Cajun Fire Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes undrained chopped canned
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup cilantro leaves fresh divided chopped
- ☐ 1 bell pepper green coarsely chopped
- ☐ 2 teaspoons hot sauce
- ☐ 2 teaspoons olive oil
- ☐ 24 ounce chicken breast halves boneless skinless

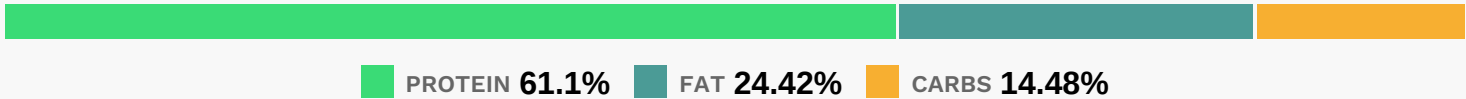
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken to pan, and cook 4 to 5 minutes on each side or until chicken is done.
- ☐ Add tomatoes, bell pepper, 1/4 cup cilantro, 2 teaspoons hot sauce, and thyme to pan. Bring to a boil; cover, reduce heat, and simmer 5 minutes. Uncover and simmer 5 minutes.
- ☐ Stir in remaining cilantro. If desired, serve with additional hot sauce and garnish with thyme sprigs.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:2.2, Inflammation Score:-7, Nutrition Score:23.86130458894%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 251.3kcal (12.56%), Fat: 6.77g (10.41%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 6.49g (2.36%), Sugar: 5.27g (5.86%), Cholesterol: 108.86mg (36.29%), Sodium: 387.44mg (16.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.21%), Vitamin B3: 19.17mg (95.83%), Selenium: 55.07µg (78.66%), Vitamin B6: 1.5mg (75.03%), Vitamin C: 37.33mg (45.25%), Phosphorus: 397.15mg (39.72%), Potassium: 993.39mg (28.38%), Vitamin B5: 2.75mg (27.49%), Magnesium: 68.48mg (17.12%), Vitamin K: 15.52µg (14.78%), Vitamin B2: 0.24mg (13.89%), Vitamin B1: 0.21mg (13.68%), Vitamin E: 2.05mg (13.67%), Manganese: 0.27mg (13.32%), Copper: 0.26mg (12.91%), Iron: 2.27mg (12.59%), Fiber: 2.55g (10.19%), Vitamin A: 480.02IU (9.6%), Zinc: 1.32mg (8.8%), Folate: 24.43µg (6.11%), Vitamin B12: 0.34µg (5.67%), Calcium: 49.86mg (4.99%), Vitamin D: 0.17µg (1.13%)