



California Chicken and Vegetables

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup classico basil pesto sauce and spread traditional
- 3 cups vegetables mixed red frozen thawed drained (broccoli, peppers and carrots)
- 0.5 cup milk mozzarella cheese shredded 2% kraft
- 1 lb chicken breasts boneless skinless
- 0.3 cup water

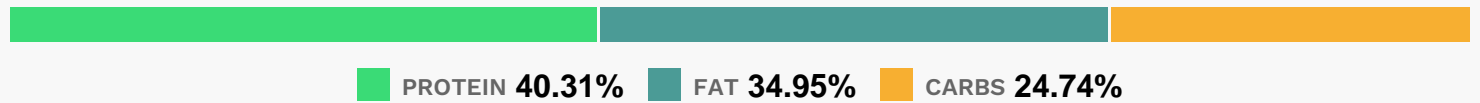
Equipment

- frying pan

Directions

- Cook chicken in large nonstick skillet on medium-high heat 4 min. on each side or until lightly browned on both sides.
- Add vegetables, pesto and water. Bring to boil. Cook on medium heat 6 to 8 min. or until chicken is done (165F), stirring occasionally.
- Sprinkle with cheese; cover.
- Remove from heat; let stand 5 min.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:3.30999997161%

Nutrients (% of daily need)

Calories: 42.48kcal (2.12%), Fat: 1.67g (2.57%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.09g (0.09%), Cholesterol: 11.32mg (3.77%), Sodium: 57.22mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin A: 983.01IU (19.66%), Vitamin B3: 1.81mg (9.03%), Selenium: 5.23µg (7.47%), Vitamin B6: 0.13mg (6.57%), Phosphorus: 49.1mg (4.91%), Fiber: 0.76g (3.04%), Potassium: 95.95mg (2.74%), Vitamin C: 2.07mg (2.51%), Vitamin B5: 0.25mg (2.48%), Manganese: 0.05mg (2.36%), Magnesium: 8.69mg (2.17%), Vitamin B1: 0.03mg (2.16%), Vitamin B2: 0.04mg (2.11%), Calcium: 18.12mg (1.81%), Folate: 6.01µg (1.5%), Zinc: 0.22mg (1.5%), Iron: 0.25mg (1.38%), Vitamin B12: 0.07µg (1.21%), Copper: 0.02mg (1.08%)