



## Cheesy Chicken and Vegetables

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 lb chicken breast uncooked (not breaded)
- ☐ 0.5 teaspoon pepper
- ☐ 12 oz broccoli frozen
- ☐ 2 teaspoons basil dried
- ☐ 0.3 cup parmesan cheese grated

## Equipment

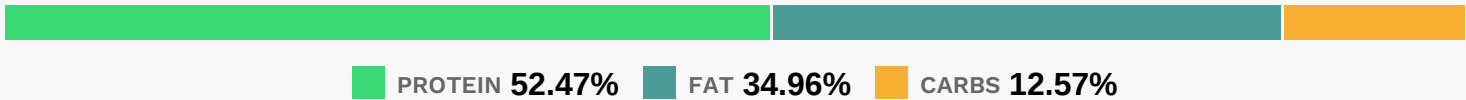
- ☐ frying pan

☐ dutch oven

## Directions

- ☐ In 12-inch nonstick skillet or 4-quart Dutch oven, heat oil over medium-high heat.
- ☐ Add chicken; sprinkle with pepper. Cook 4 to 5 minutes, turning occasionally, until brown.
- ☐ Stir in frozen vegetables with sauce chips. Reduce heat to medium-low. Cook 10 minutes, stirring frequently, until chicken is no longer pink in center, sauce chips have melted and vegetables are tender.
- ☐ Stir in basil and Parmesan cheese. Cook 2 to 3 minutes longer, stirring occasionally, until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:1.13, Inflammation Score:-7, Nutrition Score:24.892174054747%

## Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg, Kaempferol: 6.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

## Nutrients (% of daily need)

Calories: 216.35kcal (10.82%), Fat: 8.43g (12.97%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 4.36g (1.58%), Sugar: 1.46g (1.62%), Cholesterol: 78.01mg (26%), Sodium: 269.41mg (11.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.93%), Vitamin K: 102.32µg (97.44%), Vitamin C: 77.23mg (93.61%), Vitamin B3: 12.4mg (62.02%), Selenium: 40.63µg (58.04%), Vitamin B6: 1.01mg (50.53%), Phosphorus: 335.66mg (33.57%), Vitamin B5: 2.13mg (21.31%), Potassium: 716.3mg (20.47%), Folate: 60.08µg (15.02%), Vitamin B2: 0.24mg (14.17%), Manganese: 0.28mg (14.09%), Magnesium: 53.51mg (13.38%), Vitamin A: 623.02IU (12.46%), Calcium: 113.2mg (11.32%), Fiber: 2.46g (9.85%), Vitamin B1: 0.14mg (9.02%), Zinc: 1.32mg (8.77%), Iron: 1.54mg (8.57%), Vitamin E: 1.24mg (8.3%), Vitamin B12: 0.31µg (5.19%), Copper: 0.09mg (4.43%)