



## Cheesy Chicken Skillet Dinner

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon vegetable oil
- 1.3 lb chicken breast boneless skinless cut into 3/4-inch pieces
- 2 large carrots cut into 1/8-inch slices (2 cups)
- 1 medium zucchini cut into 1/8-inch slices (2 cups)
- 2 tablespoons soya sauce
- 0.5 cup spring onion sliced
- 8 oz sharp cheddar cheese shredded reduced-fat

## Equipment

frying pan

## Directions

- Heat 12-inch nonstick skillet over medium high heat.
- Add oil; tilt skillet to coat bottom.
- Add chicken; cook 4 to 5 minutes or until no longer pink in center, stirring frequently.
- Remove from skillet; cover to keep warm.
- In same skillet, cook carrots and zucchini 5 minutes or until crisp-tender, stirring frequently.
- Add chicken and soy sauce; toss until chicken and vegetables are coated with soy sauce.
- Remove from heat.
- Sprinkle with onions and cheese. Cover; let stand 2 minutes to melt cheese.

## Nutrition Facts

 **PROTEIN 42.06%**  **FAT 50.74%**  **CARBS 7.2%**

## Properties

Glycemic Index:22.64, Glycemic Load:1.28, Inflammation Score:-10, Nutrition Score:20.929130523101%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 290.24kcal (14.51%), Fat: 16.23g (24.97%), Saturated Fat: 7.95g (49.66%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.38g (2.64%), Cholesterol: 98.28mg (32.76%), Sodium: 712.49mg (30.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.27g (60.54%), Vitamin A: 4564.96IU (91.3%), Selenium: 41.12µg (58.75%), Vitamin B3: 10.54mg (52.7%), Vitamin B6: 0.84mg (41.87%), Phosphorus: 403.26mg (40.33%), Calcium: 292.31mg (29.23%), Vitamin K: 24.3µg (23.14%), Vitamin B2: 0.32mg (18.92%), Vitamin B5: 1.66mg (16.64%), Potassium: 576.53mg (16.47%), Zinc: 2.16mg (14.37%), Vitamin C: 9.96mg (12.08%), Magnesium: 47.6mg (11.9%), Vitamin B12: 0.59µg (9.83%), Manganese: 0.15mg (7.67%), Folate: 30.53µg (7.63%), Vitamin B1: 0.11mg (7.34%), Vitamin E: 0.77mg (5.12%), Fiber: 1.26g (5.05%), Iron: 0.87mg (4.83%), Copper: 0.08mg (4.06%), Vitamin D: 0.32µg (2.14%)