



Chicken and Bulgur Skillet

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

Ingredients

- 1.5 cups bulgur uncooked (or cracked wheat)
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 3 cups no-salt-added chicken broth canned
- 1 cup onion frozen chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 teaspoon vegetable oil
- 3.5 pound broiler-fryer

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Equipment

frying pan

Directions

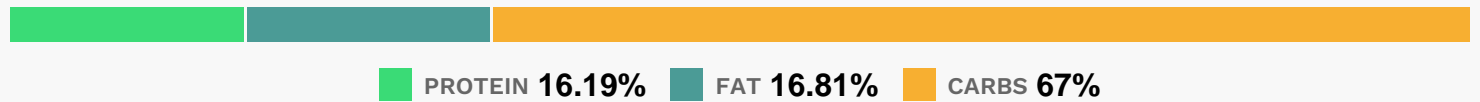
Coat a nonstick skillet with cooking spray; add oil.

Place over medium-high heat until hot.

Add chicken, and cook 4 minutes on each side.

Add broth and next 3 ingredients to skillet. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Stir in bulgur and seasoning. Cover; cook over low heat 15 minutes or until chicken is done, bulgur is tender, and liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:3.7126086626364%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg 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: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 154.95kcal (7.75%), Fat: 3.18g (4.9%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 23.78g (8.65%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 133.42mg (5.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.79%), Fiber: 4.76g (19.06%), Phosphorus: 159.95mg (15.99%), Iron: 1.59mg (8.83%), Vitamin B3: 1.66mg (8.28%), Potassium: 280.33mg (8.01%), Copper: 0.07mg (3.64%), Manganese: 0.05mg (2.68%), Vitamin B2: 0.04mg (2.57%), Vitamin K: 2.66µg (2.53%), Vitamin C: 1.98mg (2.4%), Vitamin B6: 0.05mg (2.29%), Vitamin B12: 0.12µg (1.97%), Calcium: 13.94mg (1.39%), Folate: 5.48µg (1.37%), Zinc: 0.17mg (1.13%), Magnesium: 4.44mg (1.11%)