



Chicken and Garden Vegetable Skillet

READY IN



35 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.5 cup panko bread crumbs
- 1 lb chicken breast boneless skinless cut into strips
- 0.8 cup shallots sliced
- 1 medium zucchini cut in half lengthwise, then cut crosswise into slices (1 1/2 cups)
- 3 oz carrots (matchstick-cut)
- 0.3 teaspoon pepper
- 1 tablespoon flour all-purpose
- 0.5 cup chicken broth reduced-sodium (from 32-oz carton)

- 0.3 cup chicken broth
- 3 tablespoons parmesan cheese grated
- 0.3 cup frangelico

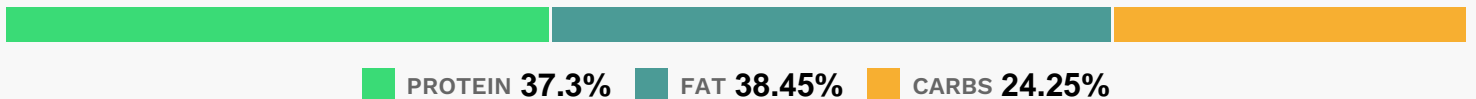
Equipment

- frying pan

Directions

- In 10-inch nonstick skillet, melt 1 tablespoon of the butter over medium-high heat; add bread crumbs. Cook about 3 to 4 minutes, stirring occasionally, until bread crumbs are toasted; remove from skillet and set aside.
- Increase heat to high. In same skillet, melt 1 tablespoon butter. Cook chicken in butter about 6 minutes, stirring occasionally, until brown on outside and no longer pink in center.
- Remove from skillet and keep warm.
- Reduce heat to medium-high. In same skillet, melt remaining 1 tablespoon butter. Cook shallots, zucchini, carrots and pepper in butter about 5 minutes, stirring occasionally, until crisp-tender.
- Sprinkle with flour; cook 1 minute, stirring constantly. Stir in broth and sherry.
- Heat to boiling; boil 1 minute, stirring frequently, until slightly thickened. Return chicken to skillet. Stir in half-and-half; heat just until hot.
- To serve, spoon chicken mixture into serving dish.
- Sprinkle with cheese and toasted bread crumbs.

Nutrition Facts



Properties

Glycemic Index:49.71, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:21.672608391098%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 311.91kcal (15.6%), Fat: 13.32g (20.49%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 18.9g (6.3%), Net Carbohydrates: 15.98g (5.81%), Sugar: 6.3g (7%), Cholesterol: 76.13mg (25.38%), Sodium: 438.4mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.07g (58.14%), Vitamin A: 4094.85IU (81.9%), Vitamin B3: 13.4mg (66.99%), Selenium: 40.84µg (58.35%), Vitamin B6: 1.13mg (56.44%), Phosphorus: 341.04mg (34.1%), Potassium: 821.36mg (23.47%), Vitamin B5: 1.98mg (19.76%), Manganese: 0.37mg (18.56%), Vitamin C: 14.96mg (18.13%), Vitamin B1: 0.23mg (15.19%), Vitamin B2: 0.25mg (14.98%), Magnesium: 56.09mg (14.02%), Folate: 47.23µg (11.81%), Fiber: 2.92g (11.7%), Iron: 1.75mg (9.71%), Zinc: 1.37mg (9.12%), Calcium: 89.57mg (8.96%), Copper: 0.15mg (7.37%), Vitamin K: 6.26µg (5.97%), Vitamin B12: 0.35µg (5.78%), Vitamin E: 0.79mg (5.28%)