



Chicken, Broccoli & Pinto Bean Skillet

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon chopped
- 1 lb broccoli sliced
- 15 oz pinto beans drained canned
- 3 cups rice hot cooked
- 1 Tbsp cornstarch
- 1 tsp pepper red crushed
- 1 medium onion sliced cut in half
- 1 bell pepper red cut into thin strips

- 0.3 cup planters roasted peanuts dry
- 1 lb chicken breasts boneless skinless cut into thin strips
- 0.3 cup soya sauce

Equipment

- bowl
- frying pan

Directions

- Cook bacon in large nonstick skillet on medium-high heat until completely browned.
- Remove from skillet; set aside.
- Add chicken to skillet; cook 2 to 3 min. or until cooked through, stirring constantly.
- Remove from skillet; set aside.
- Add onions to skillet; cook 3 to 4 min. until crisp-tender.
- Add broccoli, bell peppers, beans and crushed red pepper; cover. Cook 5 min. until vegetables are tender.
- Combine soy sauce and cornstarch in small bowl; add to skillet with chicken. Bring to boil; cook 1 min., stirring constantly. Stir in cooked bacon and peanuts.
- Serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:8.69, Inflammation Score:-5, Nutrition Score:8.8826085549334%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 118.46kcal (5.92%), Fat: 3.58g (5.5%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.21g (4.08%), Sugar: 1.25g (1.38%), Cholesterol: 17.42mg (5.81%), Sodium: 291.96mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.04%), Vitamin C: 28.67mg (34.76%), Vitamin K: 24.04µg (22.9%), Vitamin B3: 3.3mg (16.5%), Selenium: 10.75µg (15.36%), Manganese: 0.3mg (15.01%), Vitamin B6: 0.3mg (14.98%), Phosphorus: 112.75mg (11.28%), Fiber: 2.1g (8.4%), Potassium: 271.85mg (7.77%), Vitamin A: 365.78IU (7.32%), Folate: 27.16µg (6.79%), Magnesium: 26.97mg (6.74%), Vitamin B5: 0.66mg (6.62%), Vitamin B1: 0.07mg (4.61%), Vitamin B2: 0.07mg (4.4%), Iron: 0.78mg (4.35%), Copper: 0.09mg (4.31%), Zinc: 0.6mg (4.03%), Vitamin E: 0.6mg (3.97%), Calcium: 28.06mg (2.81%), Vitamin B12: 0.07µg (1.12%)