

# Chicken Creole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bay leaf
- 32 ounce tomatoes diced canned
- 0.1 teaspoon cayenne pepper
- 1 stalk celery sliced thin
- 1 clove garlic minced
- 1 bell pepper green minced
- 1 tablespoon olive oil
- 1 onion thinly sliced

- 0.5 teaspoon salt
- 4 chicken breasts boneless skinless

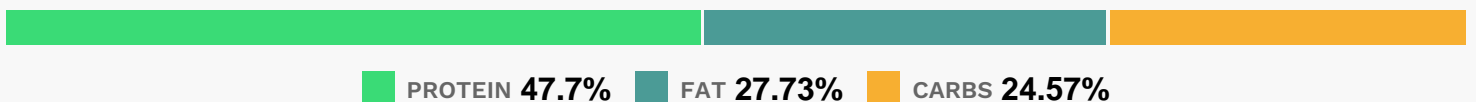
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet, heat the oil over medium heat.
- Add the garlic, onion, celery and bell pepper. Cook, stirring occasionally, until tender (about 4 minutes).
- Add the tomatoes, bay leaf, salt and cayenne pepper. Cook this Creole sauce 3 minutes longer, stirring often.
- Arrange the chicken breasts in an 8 x 11 inch baking dish.
- Pour the Creole sauce over the chicken.
- Bake 15 to 20 minutes, until the chicken is tender and white throughout.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:21.153043373771%

## Flavonoids

Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

## Nutrients (% of daily need)

Calories: 218.06kcal (10.9%), Fat: 6.83g (10.51%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 10.18g (3.7%), Sugar: 7.43g (8.25%), Cholesterol: 72.32mg (24.11%), Sodium: 756.3mg (32.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.89%), Vitamin B3: 13.62mg (68.09%), Vitamin B6: 1.22mg (60.82%), Vitamin C: 49.01mg (59.4%), Selenium: 36.68µg (52.4%), Phosphorus: 298.08mg (29.81%), Potassium: 967.18mg (27.63%), Vitamin B5: 1.97mg (19.7%), Vitamin E: 2.42mg (16.15%), Iron: 2.85mg (15.82%), Magnesium: 61.47mg (15.37%), Vitamin B2: 0.26mg (15.34%), Manganese: 0.29mg (14.51%), Vitamin B1: 0.21mg (13.85%), Fiber: 3.44g (13.76%), Vitamin K: 14.21µg (13.54%), Copper: 0.22mg (11.18%), Vitamin A: 482.4IU (9.65%), Calcium: 91.13mg (9.11%), Folate: 34.6µg (8.65%), Zinc: 1.08mg (7.22%), Vitamin B12: 0.23µg (3.77%)