



Chicken-in-a-Skillet



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb broccoli frozen
- ☐ 1 tablespoon butter
- ☐ 1 teaspoons thyme sprigs fresh chopped
- ☐ 1 teaspoon garlic finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 1 tablespoon vegetable oil

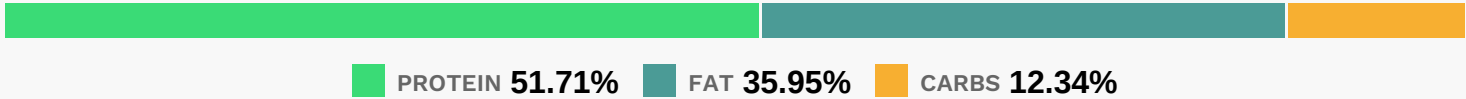
Equipment

☐ frying pan

Directions

- ☐ Mix thyme, salt and pepper; sprinkle over chicken and set aside.
- ☐ In 12-inch skillet, heat butter and oil over medium heat. Cook garlic in butter mixture 1 to 2 minutes, stirring frequently.
- ☐ Add chicken. Cook uncovered 8 to 12 minutes, turning once, until light golden brown.
- ☐ Stir in frozen vegetables. Cover; cook 6 to 8 minutes, stirring occasionally, until vegetables are hot and crisp-tender and juice of chicken is clear when center of thickest part is cut (170°F).

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:28.337391456832%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 257.15kcal (12.86%), Fat: 10.32g (15.88%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 4.92g (1.79%), Sugar: 1.94g (2.15%), Cholesterol: 90.72mg (30.24%), Sodium: 525.72mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.4g (66.81%), Vitamin C: 103.89mg (125.93%), Vitamin K: 122.32µg (116.49%), Vitamin B3: 15.52mg (77.62%), Selenium: 48.3µg (69.01%), Vitamin B6: 1.27mg (63.58%), Phosphorus: 375.09mg (37.51%), Vitamin B5: 2.68mg (26.8%), Potassium: 891.22mg (25.46%), Folate: 77.4µg (19.35%), Vitamin A: 898.35IU (17.97%), Vitamin B2: 0.28mg (16.41%), Magnesium: 61.87mg (15.47%), Manganese: 0.29mg (14.46%), Fiber: 3.05g (12.2%), Vitamin B1: 0.17mg (11.56%), Vitamin E: 1.54mg (10.28%), Zinc: 1.31mg (8.71%), Iron: 1.46mg (8.12%), Calcium: 65.27mg (6.53%), Copper: 0.1mg (5%), Vitamin B12: 0.29µg (4.78%)