



 **62%**
HEALTH SCORE

Chicken Scaloppini with Spring Vegetables

 Dairy Free  Very Healthy

READY IN



245 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 pounds thin- chicken breast fillets dry rinsed
- 2 cups carrots frozen sliced
- 10.8 ounce condensed cream of asparagus soup canned (recommended: Campbell's)
- 4 servings flour for dredging
- 2 cups haricots verts frozen
- 1.8 ounce leek soup mix divided (recommended: Knorr)
- 2 cups early harvest peas frozen
- 2.5 cups seasoned potatoes diced (recommended: Reser's)

- 4 servings vegetable oil
- 0.5 cup white wine

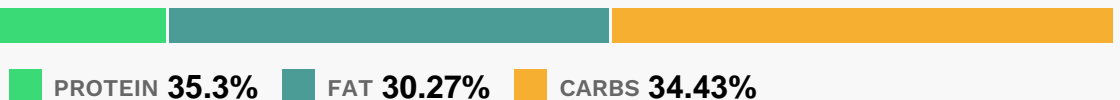
Equipment

- frying pan
- whisk
- slow cooker

Directions

- Combine all vegetables in the bottom of a 5-quart slow cooker.
- Whisk together 2/3 of the leek soup mix with the condensed soup and wine.
- Pour over vegetables. Cover and cook on LOW setting for 4 hours.
- Heat oil in a large skillet.
- Combine the rest of the leek soup mix with some flour. Dredge chicken fillets in flour mixture and place in skillet. Cook for about 2 1/2 minutes each side.
- Remove vegetables from slow cooker and arrange in a serving dish. Top with chicken.

Nutrition Facts



Properties

Glycemic Index:77.73, Glycemic Load:26.95, Inflammation Score:-10, Nutrition Score:49.566522111063%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 761.84kcal (38.09%), Fat: 24.81g (38.16%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 63.49g (21.16%), Net Carbohydrates: 51.7g (18.8%), Sugar: 11.89g (13.21%), Cholesterol: 171.67mg (57.22%), Sodium: 1774.25mg (77.14%), Alcohol: 3.09g (100%), Alcohol %: 0.55% (100%), Protein: 65.11g (130.21%), Vitamin A: 11921.9IU (238.44%), Vitamin B3: 31.41mg (157.04%), Vitamin B6: 2.69mg (134.34%), Selenium: 88.32µg (126.17%), Vitamin K: 92.25µg (87.86%), Vitamin C: 68.99mg (83.62%), Phosphorus: 795.49mg (79.55%), Potassium: 2190.32mg (62.58%), Manganese: 1.07mg (53.51%), Vitamin B5: 5.25mg (52.54%), Fiber: 11.8g (47.19%), Vitamin B1: 0.66mg (44.13%), Magnesium: 157.99mg (39.5%), Vitamin B2: 0.59mg (34.9%), Folate: 124.19µg (31.05%), Copper: 0.55mg (27.41%), Iron: 4.76mg (26.47%), Vitamin E: 3.47mg (23.1%), Zinc: 3.37mg (22.45%), Calcium: 134.55mg (13.46%), Vitamin B12: 0.54µg (9.01%), Vitamin D: 0.26µg (1.7%)