



Chicken & Snap Pea Skillet

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

READY IN



35 min.

SERVINGS



35

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp pepper red crushed
- 0.5 cup chicken broth fat-free reduced-sodium
- 1 cup basil leaves fresh loosely packed
- 3 cloves garlic thinly sliced
- 1.5 lb chicken thighs bone-in skinless
- 1 Tbsp sugar
- 0.5 lb sugar snap peas trimmed
- 0.3 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil, divided kraft

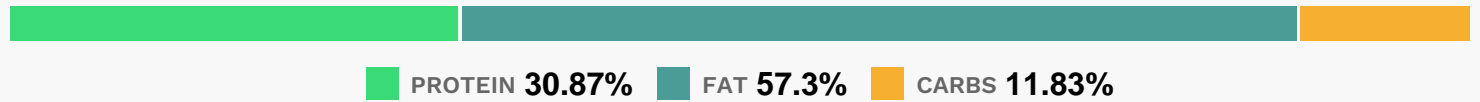
Equipment

frying pan

Directions

- Heat 1 Tbsp. dressing in large nonstick skillet on medium-high heat.
- Add chicken; cook 5 min. on each side or until thighs are golden brown on both sides.
- Add garlic, sugar and crushed pepper; cook and stir 1 min.
- Add remaining dressing and broth; stir. Bring to boil; cover. Simmer on medium heat 5 min. or until chicken is done (165F), stirring occasionally. Stir in peas; cook, covered, 5 min., stirring occasionally.
- Remove from heat. Stir in basil.

Nutrition Facts



Properties

Glycemic Index:4.86, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:1.9447826017504%

Nutrients (% of daily need)

Calories: 32.31kcal (1.62%), Fat: 2.05g (3.16%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.61g (0.68%), Cholesterol: 11.08mg (3.69%), Sodium: 24.48mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin K: 5.77µg (5.49%), Vitamin C: 4.09mg (4.96%), Selenium: 2.8µg (4%), Vitamin B3: 0.72mg (3.6%), Vitamin B6: 0.07mg (3.38%), Phosphorus: 26.47mg (2.65%), Vitamin A: 117.9IU (2.36%), Vitamin B5: 0.2mg (1.96%), Vitamin E: 0.28mg (1.9%), Vitamin B2: 0.03mg (1.63%), Manganese: 0.03mg (1.54%), Iron: 0.27mg (1.51%), Vitamin B1: 0.02mg (1.42%), Zinc: 0.21mg (1.37%), Vitamin B12: 0.08µg (1.35%), Potassium: 46.14mg (1.32%), Magnesium: 4.82mg (1.2%)