



Chicken-Vegetable Toss



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



7

CALORIES



161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 18 ounce chicken breast strips/pre-cooked/chopped italian-style cooked chopped (4 cups)
- ☐ 2 tablespoons wine dry white
- ☐ 1 small eggplant finely chopped
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 3 garlic clove minced
- ☐ 1 onion finely chopped
- ☐ 4 ounce pimientos diced drained

☐ 1 large bell pepper yellow finely chopped

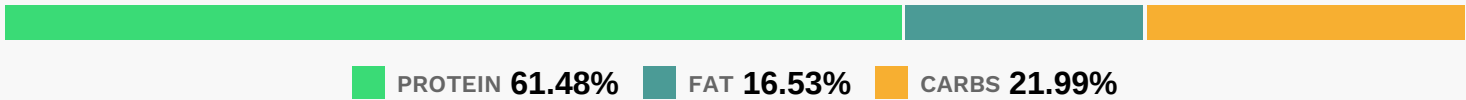
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and next 4 ingredients; saut 8 minutes or until vegetables are tender.
- ☐ Add chicken broth and wine; cook 1 minute.
- ☐ Remove from heat; stir in pimiento and chicken.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:14.951304456462%

Flavonoids

Delphinidin: 56.07mg, Delphinidin: 56.07mg, Delphinidin: 56.07mg, Delphinidin: 56.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 160.57kcal (8.03%), Fat: 2.87g (4.42%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 5.71g (2.08%), Sugar: 3.58g (3.98%), Cholesterol: 61.96mg (20.65%), Sodium: 92.77mg (4.03%), Alcohol: 0.44g (100%), Alcohol %: 0.27% (100%), Protein: 24.05g (48.1%), Vitamin C: 68.61mg (83.16%), Vitamin B3: 10.86mg (54.28%), Vitamin B6: 0.62mg (30.89%), Selenium: 20.88µg (29.82%), Phosphorus: 199.99mg (20%), Manganese: 0.27mg (13.35%), Potassium: 458.57mg (13.1%), Fiber: 2.89g (11.55%), Vitamin A: 514.42IU (10.29%), Vitamin B5: 0.97mg (9.73%), Magnesium: 37.15mg (9.29%), Iron: 1.45mg (8.05%), Vitamin B2: 0.13mg (7.88%), Folate: 28.51µg (7.13%), Copper: 0.14mg (6.98%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.97mg (6.44%), Vitamin B12: 0.26µg (4.4%), Vitamin K: 4.38µg (4.17%), Vitamin E: 0.53mg (3.56%), Calcium: 27.85mg (2.78%)