



Chicken with Asparagus and Roasted Red Peppers



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus fresh trimmed cut into 2 inch pieces
- ☐ 1 teaspoon balsamic vinegar to taste
- ☐ 1 pound boned and skinned chicken breast halves
- ☐ 0.5 cup chicken broth
- ☐ 1 clove garlic minced
- ☐ 7 ounce roasted peppers red drained chopped
- ☐ 0.5 cup roma tomatoes chopped (plum)

- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup mozzarella cheese shredded

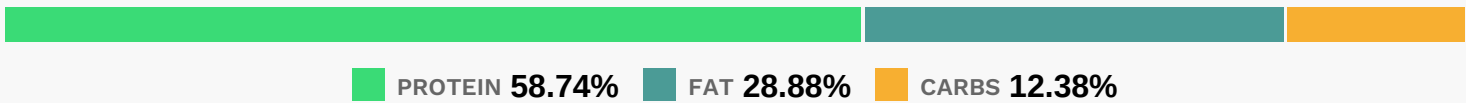
Equipment

- ☐ frying pan

Directions

- ☐ Heat the broth in a large skillet over medium-high heat. Season chicken with salt and pepper, and place in the skillet. Cook 15 minutes, until chicken is almost done.
- ☐ Place asparagus, red peppers and garlic in skillet. Continue cooking 10 minutes, or until chicken juices run clear and asparagus is tender.
- ☐ Place tomatoes in skillet during last 2 minutes of cook time.
- ☐ Sprinkle with vinegar. Top with mozzarella cheese to serve.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:0.88, Inflammation Score:-8, Nutrition Score:20.33826083204%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg, Quercetin: 8.11mg

Nutrients (% of daily need)

Calories: 200.85kcal (10.04%), Fat: 6.41g (9.86%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 4.03g (1.46%), Sugar: 2.31g (2.57%), Cholesterol: 84.22mg (28.07%), Sodium: 1204.3mg (52.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.65%), Vitamin B3: 12.91mg (64.57%), Selenium: 40.34µg (57.64%), Vitamin B6: 1.03mg (51.37%), Vitamin C: 31.89mg (38.66%), Phosphorus: 336.76mg (33.68%), Vitamin K: 26.48µg (25.22%), Vitamin A: 1062.29IU (21.25%), Potassium: 697mg (19.91%), Vitamin B5: 1.84mg (18.43%), Vitamin B2: 0.27mg (15.98%), Manganese: 0.25mg (12.6%), Vitamin B1: 0.19mg (12.59%), Magnesium: 49.57mg (12.39%), Iron: 2.22mg (12.31%), Folate: 47.4µg (11.85%), Calcium: 116.27mg (11.63%), Copper: 0.23mg (11.42%), Zinc: 1.54mg (10.29%), Vitamin B12: 0.55µg (9.2%), Fiber: 2.16g (8.63%), Vitamin E: 1.05mg (7.03%),

Vitamin D: 0.17µg (1.13%)