



Chicken with Creole Cabbage

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups cabbage coarsely chopped
- 15 ounce tomato sauce with onion, green peppers, and celery canned
- 1 clove garlic minced
- 0.1 teaspoon ground allspice
- 0.3 teaspoon ground pepper red
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 16 ounce skinned

0.5 teaspoon sugar

0.3 cup water

Equipment

frying pan

Directions

Sprinkle chicken with salt and 1/4 teaspoon pepper. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.

Add chicken, and cook 3 to 5 minutes on each side or until browned.

Remove chicken from skillet.

Add cabbage and remaining 6 ingredients to skillet; stir well.

Place chicken over cabbage mixture. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until chicken is done and cabbage is tender, stirring occasionally.

Nutrition Facts

PROTEIN 60.34% **FAT 17.4%** **CARBS 22.26%**

Properties

Glycemic Index:67.02, Glycemic Load:3.04, Inflammation Score:-6, Nutrition Score:19.308695730956%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 171.83kcal (8.59%), Fat: 3.34g (5.15%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.98g (6.65%), Cholesterol: 72.57mg (24.19%), Sodium: 791.23mg (34.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.2%), Vitamin B3: 13.02mg (65.12%), Selenium: 37.21µg (53.16%), Vitamin B6: 1.03mg (51.57%), Vitamin K: 43.42µg (41.35%), Vitamin C: 28.37mg (34.39%), Phosphorus: 282.27mg (28.23%), Potassium: 832.44mg (23.78%), Vitamin B5: 2.06mg (20.62%), Magnesium: 52.56mg (13.14%), Vitamin E: 1.86mg (12.43%), Manganese: 0.25mg (12.4%), Vitamin B2: 0.21mg (12.11%), Fiber: 3g (12.01%), Vitamin A: 598.9IU (11.98%), Iron: 1.73mg (9.6%), Folate: 36.88µg (9.22%), Vitamin B1: 0.13mg (8.81%), Copper: 0.17mg (8.5%),

Zinc: 1mg (6.68%), Calcium: 44.6mg (4.46%), Vitamin B12: 0.23µg (3.78%)