



Chicken with Fennel, Tomatoes, and Zucchini

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 teaspoon tarragon dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 cups fennel bulb thinly sliced (2 small bulbs)
- ☐ 0.3 teaspoon fennel seeds
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.1 teaspoon coarsely ground pepper black
- ☐ 2.5 tablespoons italian-seasoned breadcrumbs

- ☐ 1.5 cups leek thinly sliced (2 large)
- ☐ 5 teaspoons olive oil divided
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups zucchini finely chopped

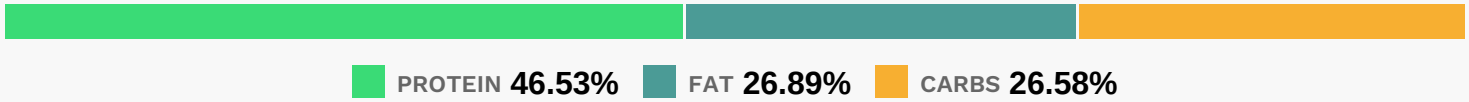
Equipment

- ☐ frying pan

Directions

- ☐ Dredge the chicken in breadcrumbs.
- ☐ Heat 3 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add the chicken; saut 3 minutes on each side or until golden brown.
- ☐ Remove from pan.
- ☐ Heat 2 teaspoons oil in pan over medium heat.
- ☐ Add fennel bulb, zucchini, and leek; cook 5 minutes, stirring occasionally.
- ☐ Add broth and next 6 ingredients (broth through tomatoes). Cover, reduce heat, and simmer 15 minutes or until the vegetables are tender, stirring occasionally.
- ☐ Return the chicken to pan; cover and cook 12 minutes or until the chicken is done.
- ☐ Sprinkle with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:3.36, Inflammation Score:-7, Nutrition Score:22.720869945443%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 232.46kcal (11.62%), Fat: 7.04g (10.82%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 12.11g (4.4%), Sugar: 6.98g (7.76%), Cholesterol: 72.62mg (24.21%), Sodium: 517.82mg (22.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Vitamin B3: 13.68mg (68.41%), Vitamin K: 60.77µg (57.88%), Selenium: 38.94µg (55.63%), Vitamin B6: 1.11mg (55.5%), Phosphorus: 313.44mg (31.34%), Vitamin C: 24.33mg (29.49%), Potassium: 969.6mg (27.7%), Manganese: 0.46mg (22.85%), Vitamin B5: 2.05mg (20.51%), Vitamin A: 879.29IU (17.59%), Magnesium: 67.48mg (16.87%), Iron: 2.68mg (14.89%), Vitamin E: 2.22mg (14.83%), Fiber: 3.53g (14.13%), Vitamin B2: 0.24mg (13.89%), Vitamin B1: 0.21mg (13.67%), Folate: 53.48µg (13.37%), Copper: 0.26mg (13.05%), Zinc: 1.18mg (7.85%), Calcium: 77.24mg (7.72%), Vitamin B12: 0.28µg (4.65%)