






 **22%**
HEALTH SCORE

Chicken with Peas and Quinoa

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

40 min.

SERVINGS

4

CALORIES

615 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1.5 cups chicken stock see swanson®
- 1 pound chicken tenderloins boneless skinless
- 24 ounce sauce italian prego®
- 1 tablespoon olive oil
- 10 ounce peas frozen thawed
- 1 cup quinoa uncooked
- 1 teaspoon paprika smoked

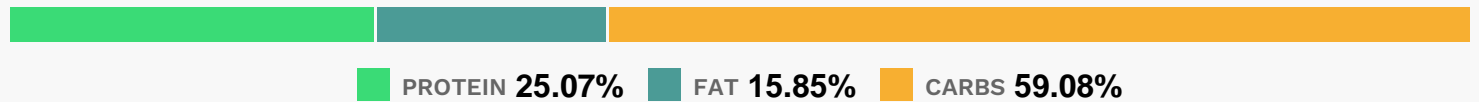
Equipment

frying pan

Directions

- Heat the oil in a 12-inch skillet over medium-high heat.
- Add the chicken and cook until well browned on both sides.
- Remove the chicken from the skillet and keep warm.
- Add the paprika and quinoa to the skillet and stir to coat. Stir in the stock and sauce and heat over medium-high heat to a boil. Reduce the heat to medium. Cover and cook for 15 minutes or until the quinoa is tender. Stir in the peas. Return the chicken to the skillet. Cook until the chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:2.75, Inflammation Score:-8, Nutrition Score:29.190869559412%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 615.35kcal (30.77%), Fat: 10.61g (16.33%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 89.06g (29.69%), Net Carbohydrates: 81.87g (29.77%), Sugar: 44.78g (49.76%), Cholesterol: 75.27mg (25.09%), Sodium: 2307.49mg (100.33%), Alcohol: 0g (100%), Protein: 37.79g (75.57%), Vitamin B3: 15.43mg (77.13%), Vitamin B6: 1.24mg (62.09%), Selenium: 43.19µg (61.7%), Manganese: 1.18mg (58.98%), Phosphorus: 534.77mg (53.48%), Vitamin C: 29.89mg (36.24%), Magnesium: 141.09mg (35.27%), Folate: 133.55µg (33.39%), Vitamin B1: 0.45mg (29.82%), Fiber: 7.19g (28.76%), Potassium: 937.72mg (26.79%), Vitamin B2: 0.42mg (24.99%), Copper: 0.46mg (22.91%), Iron: 3.72mg (20.66%), Vitamin B5: 2.03mg (20.3%), Zinc: 3mg (20.01%), Vitamin K: 20.49µg (19.52%), Vitamin A: 831.12IU (16.62%), Vitamin E: 2.02mg (13.47%), Calcium: 47.24mg (4.72%), Vitamin B12: 0.23µg (3.78%)