



Chicken with Roasted Red Pepper Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmesan cheese grated
- ☐ 1 teaspoon red wine vinegar
- ☐ 7 ounce roasted bell peppers red drained
- ☐ 0.3 teaspoon salt

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24 ounce chicken breast halves boneless skinless

Equipment

☐

food processor

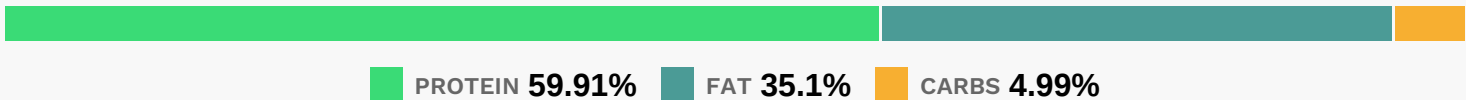
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frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken with Italian seasoning, salt, and black pepper.
- ☐ Add chicken to pan, and cook 3 minutes on each side.
- ☐ While chicken cooks, place broth, vinegar, and bell peppers in a food processor; process until smooth.
- ☐ Add bell pepper mixture to pan; bring to a boil. Cover, reduce heat, and simmer 3 minutes. Uncover and simmer 3 minutes or until chicken is done.
- ☐ Sprinkle servings evenly with cheese.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:20.403478047122%

Nutrients (% of daily need)

Calories: 265.91kcal (13.3%), Fat: 10.09g (15.52%), Saturated Fat: 2.58g (16.11%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.05g (0.05%), Cholesterol: 115.03mg (38.34%), Sodium: 1204.2mg (52.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.47%), Vitamin B3: 18.12mg (90.61%), Selenium: 57.4µg (82%), Vitamin B6: 1.38mg (68.77%), Phosphorus: 414.56mg (41.46%), Vitamin C: 25.13mg (30.46%), Vitamin B5: 2.49mg (24.88%), Potassium: 726.77mg (20.76%), Magnesium: 53.82mg (13.45%), Vitamin B2: 0.22mg (12.66%), Calcium: 100.53mg (10.05%), Zinc: 1.4mg (9.34%), Vitamin B1: 0.13mg (8.34%), Vitamin B12: 0.46µg (7.74%), Vitamin A: 379.16IU (7.58%), Manganese: 0.15mg (7.32%), Iron: 1.29mg (7.19%), Vitamin E: 0.96mg (6.37%), Copper: 0.12mg (6.01%), Vitamin K: 5.78µg (5.5%), Folate: 16.5µg (4.13%), Fiber: 0.82g (3.29%), Vitamin D: 0.21µg (1.37%)