



Contadina® Stove-Top Tomato Braised Chicken

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



82 kcal

SIDE DISH

Ingredients

- 2 carrots diced
- 2 stalks celery sliced
- 1.8 cups college inn® chicken broth
- 1 tablespoon thyme leaves fresh chopped
- 2 tablespoons garlic chopped
- 1 teaspoon ground pepper black
- 1 tablespoon olive oil

- 1 medium onion diced
- 1 tablespoon oregano fresh chopped
- 1 teaspoon salt
- 3 tablespoons contadina® tomato paste
- 29 ounce contadina® tomatoes diced undrained canned

Equipment

- frying pan

Directions

- Season chicken with salt and pepper.
- Heat oil in a deep 12-inch skillet over medium-high heat. (Omit oil if leaving skin on).
- Brown chicken on both sides, about 5 minutes, working in batches, if needed.
- Remove chicken from pan and set aside.
- Add onion, carrots and celery to pan. Cook over medium heat until softened, about 3 minutes.
- Add garlic, thyme and oregano; cook 2 minutes, stirring frequently.
- Stir in tomatoes and tomato paste.
- Add broth; bring to a boil; reduce heat and simmer 3 minutes.
- Return chicken to pan. Cover and simmer on low heat 25 minutes or until chicken is no longer pink inside (165 degrees F internal temperature). If desired, remove chicken from pan and simmer sauce on high heat for a few minutes until slightly thickened.
- Serve over polenta, pasta or mashed potatoes.

Nutrition Facts



PROTEIN 12.45% **FAT 29.41%** **CARBS 58.14%**

Properties

Glycemic Index:50.14, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:13.183913162869%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 81.7kcal (4.08%), Fat: 2.96g (4.55%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 9.43g (3.43%), Sugar: 6.86g (7.62%), Cholesterol: 1.37mg (0.46%), Sodium: 738.23mg (32.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin A: 4793.56IU (95.87%), Vitamin C: 26.21mg (31.77%), Vitamin K: 25.58µg (24.36%), Manganese: 0.43mg (21.4%), Potassium: 577.53mg (16.5%), Fiber: 3.72g (14.9%), Vitamin E: 1.78mg (11.86%), Vitamin B6: 0.23mg (11.68%), Folate: 36.3µg (9.07%), Copper: 0.17mg (8.29%), Vitamin B3: 1.56mg (7.78%), Iron: 1.39mg (7.7%), Magnesium: 30.22mg (7.56%), Vitamin B2: 0.12mg (6.85%), Vitamin B1: 0.1mg (6.82%), Phosphorus: 64.98mg (6.5%), Calcium: 60.18mg (6.02%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.28mg (2.83%), Selenium: 1.3µg (1.85%)