



HEALTH SCORE

85%

Creole Chicken and Vegetables



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.8 cup celery thinly sliced
- ☐ 1 pound chicken breast tenders
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup cut okra frozen thawed

- ☐ 2 cups pepper stir-fry frozen thawed (such as Bird's Eye brand)
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon sugar

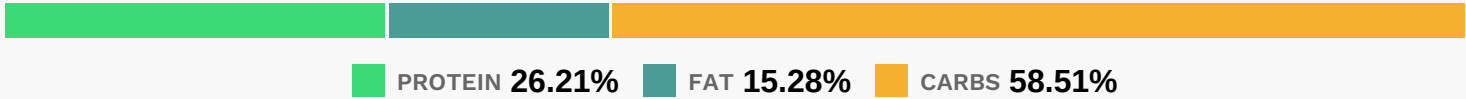
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken; cook 3 minutes on each side or until browned.
- ☐ Add pepper stir-fry and next 6 ingredients (through red pepper), stirring to combine.
- ☐ Pour tomatoes over chicken mixture; bring to a boil. Cover, reduce heat, and simmer 5 minutes. Uncover; cook 3 minutes.
- ☐ Add parsley and butter, stirring until butter melts.

Nutrition Facts



Properties

Glycemic Index:79.52, Glycemic Load:17.73, Inflammation Score:-10, Nutrition Score:48.797826217568%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 500.05kcal (25%), Fat: 10.06g (15.48%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 86.7g (28.9%), Net Carbohydrates: 53.51g (19.46%), Sugar: 6.7g (7.44%), Cholesterol: 80.1mg (26.7%), Sodium: 623.16mg (27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.83g (77.66%), Manganese: 15.53mg (776.34%), Vitamin K: 276.68µg (263.51%), Fiber: 33.19g (132.75%), Copper: 1.83mg (91.66%), Iron: 13.84mg (76.86%), Vitamin B3: 14.81mg (74.07%), Vitamin B6: 1.42mg (71.14%), Potassium: 2442.02mg (69.77%), Magnesium: 271.07mg (67.77%), Selenium: 43.01µg (61.45%), Calcium: 601.48mg (60.15%), Phosphorus: 481.35mg (48.14%), Vitamin B5: 3.68mg (36.83%),

Vitamin A: 1626.19IU (32.52%), Vitamin C: 22.3mg (27.03%), Vitamin B2: 0.41mg (24.25%), Vitamin B1: 0.34mg (22.39%), Vitamin E: 3mg (20.03%), Zinc: 2.57mg (17.12%), Folate: 66.1µg (16.53%), Vitamin B12: 0.23µg (3.88%)