



Delsuita's Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound boiler chicken cut into pieces
- ☐ 2 cloves garlic minced
- ☐ 1 bell pepper green thinly sliced
- ☐ 1 juice of lime juiced
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion thinly sliced
- ☐ 0.5 teaspoon pepper

- ☐ 1 teaspoon salt
- ☐ 2 tomatoes thinly sliced
- ☐ 2 tablespoons citrus champagne vinegar

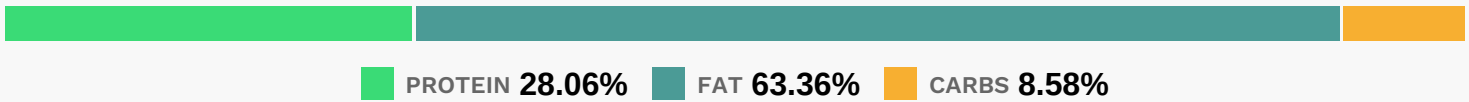
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, mix the vinegar, lime juice, garlic, salt, and pepper.
- ☐ Place the chicken pieces in the mixture, and marinate at least 15 minutes.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Transfer the chicken and marinade to the skillet. Cover, and cook chicken about 10 minutes.
- ☐ Mix the green pepper, onion, tomatoes, and ketchup into the skillet, cover, and continue cooking 15 to 20 minutes, until chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:0.97, Inflammation Score:-6, Nutrition Score:11.543478022451%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 303.15kcal (15.16%), Fat: 21.21g (32.64%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 6.47g (2.16%), Net Carbohydrates: 5.23g (1.9%), Sugar: 3.49g (3.88%), Cholesterol: 81.65mg (27.22%), Sodium: 513.31mg (22.32%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Vitamin B3: 7.85mg (39.26%), Vitamin C: 26.7mg (32.37%), Vitamin B6: 0.5mg (25.15%), Selenium: 15.96µg (22.8%), Phosphorus: 183.34mg (18.33%), Vitamin A: 596.84IU (11.94%), Potassium: 392.6mg (11.22%), Vitamin B5: 1.09mg (10.86%), Zinc: 1.58mg (10.54%), Vitamin B2: 0.16mg (9.38%), Vitamin K: 9.69µg (9.23%), Vitamin E: 1.38mg (9.22%), Manganese: 0.16mg (8.12%), Magnesium: 31.89mg (7.97%), Iron: 1.3mg (7.24%), Vitamin B1: 0.1mg (6.95%), Vitamin B12: 0.34µg (5.62%), Copper: 0.11mg (5.41%), Fiber: 1.24g (4.96%), Folate: 19.16µg (4.79%), Calcium: 26.86mg (2.69%), Vitamin D: 0.22µg (1.45%)