



## Diane's Chicken Dish

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon butter
- 1 pound chicken pieces boneless cut into bite-size chunks
- 10 ounce crimini mushrooms sliced
- 1 large bell pepper green chopped
- 0.7 ounce salad dressing mix dry italian good seasons® (such as )
- 0.3 cup olive oil
- 1 large onion chopped
- 2 cups sharp cheddar cheese shredded

- 1 large tomatoes chopped
- 0.3 cup vinegar
- 0.3 cup water

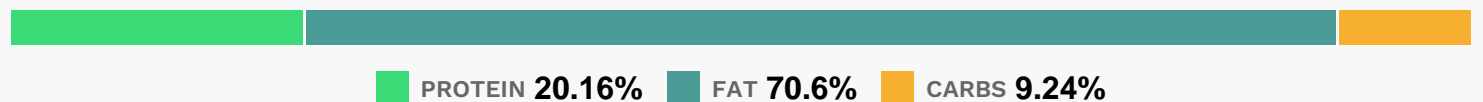
## Equipment

- bowl
- frying pan
- whisk
- slotted spoon

## Directions

- Whisk together the vinegar, olive oil, water, and Italian dressing mix in a bowl. Stir in the chicken; allow chicken to marinate while preparing the remaining ingredients.
- Heat the butter in a skillet over medium-high heat. Stir in the onion and bell pepper; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Remove the the chicken from the marinade using a slotted spoon, and transfer to the skillet; reserve the remaining marinade. Cook and stir the chicken until no longer pink in the center, 3 to 5 minutes.
- Stir in the mushrooms; cook and stir until they begin to soften, about 2 minutes.
- Add tomato and reserved marinade, then sprinkle cheese on top. Do not stir. Cover and simmer on low heat until cheese is melted and chicken is tender, about 20 minutes. Allow the dish to rest for a few minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:33.67, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:16.496956524642%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin:

1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

## Nutrients (% of daily need)

Calories: 401.6kcal (20.08%), Fat: 31.62g (48.65%), Saturated Fat: 11.93g (74.57%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.78g (2.83%), Sugar: 3.46g (3.84%), Cholesterol: 81.24mg (27.08%), Sodium: 650.87mg (28.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.32g (40.63%), Selenium: 30.55µg (43.64%), Vitamin C: 28.8mg (34.91%), Phosphorus: 325.76mg (32.58%), Calcium: 293.56mg (29.36%), Vitamin B3: 5.65mg (28.26%), Vitamin B2: 0.48mg (28.25%), Vitamin B6: 0.37mg (18.67%), Zinc: 2.71mg (18.06%), Vitamin A: 862.01IU (17.24%), Copper: 0.32mg (16.06%), Vitamin B5: 1.42mg (14.19%), Potassium: 494.93mg (14.14%), Vitamin E: 2.06mg (13.74%), Vitamin K: 11.78µg (11.21%), Vitamin B12: 0.61µg (10.16%), Manganese: 0.19mg (9.33%), Folate: 34.91µg (8.73%), Magnesium: 33.53mg (8.38%), Vitamin B1: 0.13mg (8.34%), Fiber: 1.54g (6.15%), Iron: 0.99mg (5.52%), Vitamin D: 0.38µg (2.51%)