



Easy Chicken and Garden Veggies



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1/2-inch pieces
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup water
- ☐ 8 oz green beans fresh whole trimmed (leave)
- ☐ 1 medium bell pepper yellow cut into 1/2-inch pieces
- ☐ 1 cup plum tomatoes sliced (Roma)

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0.5 cup balsamic vinaigrette italian

Equipment

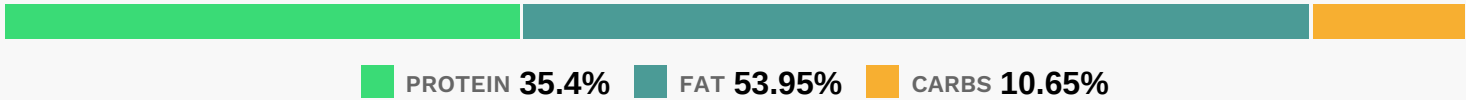
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frying pan

Directions

- ☐ In 12-inch nonstick skillet, cook bacon over medium heat 3 to 4 minutes, stirring occasionally, until crisp.
- ☐ Sprinkle both sides of chicken with garlic salt and pepper.
- ☐ Add chicken to bacon in skillet. Cook 3 to 5 minutes or until browned on both sides. Discard excess bacon drippings if necessary.
- ☐ Add water and green beans to skillet. Cover and cook over medium-low heat 8 minutes. Stir in bell pepper. Cover and cook 3 to 5 minutes, turning and stirring vegetables occasionally, until juice of chicken is clear when center of thickest part is cut (170°F).
- ☐ Stir in tomatoes and dressing. Cook uncovered about 2 minutes, stirring occasionally, until tomatoes are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.73, Inflammation Score:-8, Nutrition Score:24.514782750088%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 398.07kcal (19.9%), Fat: 23.53g (36.2%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 7.92g (2.88%), Sugar: 4.39g (4.87%), Cholesterol: 105.24mg (35.08%), Sodium: 873.97mg (38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.48%), Vitamin C: 71.31mg (86.44%), Vitamin B3: 16.7mg (83.51%), Selenium: 50.22µg (71.74%), Vitamin B6: 1.3mg (64.89%), Phosphorus: 372.43mg (37.24%), Vitamin K: 29.54µg (28.13%), Potassium: 892.63mg (25.5%), Vitamin B5: 2.37mg (23.74%), Vitamin A: 994.77IU

(19.9%), Magnesium: 64.11mg (16.03%), Vitamin B1: 0.23mg (15.22%), Vitamin B2: 0.24mg (13.97%), Manganese: 0.27mg (13.25%), Folate: 41.01µg (10.25%), Fiber: 2.54g (10.16%), Zinc: 1.37mg (9.15%), Iron: 1.51mg (8.39%), Copper: 0.16mg (7.88%), Vitamin B12: 0.39µg (6.56%), Vitamin E: 0.92mg (6.11%), Calcium: 42.48mg (4.25%), Vitamin D: 0.23µg (1.53%)