



Easy Skillet Feta Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes undrained canned
- 3 lb broiler-fryer chicken
- 4 oz athenos feta cheese with garlic & herb crumbled
- 2 Tbsp parsley fresh chopped
- 2 Tbsp oil
- 1 onion sliced

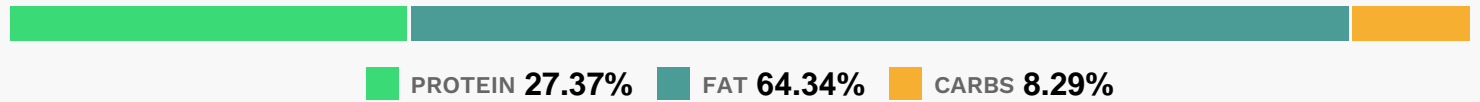
Equipment

- frying pan

Directions

- Cook chicken in hot oil in large skillet on medium heat 8 min. or until chicken is browned on all sides, turning occasionally.
- Remove from skillet.
- Drain skillet, reserving 1 Tbsp. drippings in skillet.
- Add onions to skillet; cook and stir 1 min. Return chicken to skillet; add tomatoes. Cover. Simmer on low heat 25 min. or until chicken is done (165F).
- Top with cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.7639130373364%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 42.52kcal (2.13%), Fat: 3.04g (4.68%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.44g (0.49%), Cholesterol: 11.82mg (3.94%), Sodium: 45.65mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin B3: 1.01mg (5.06%), Vitamin B6: 0.07mg (3.5%), Vitamin K: 3.56µg (3.39%), Selenium: 2.28µg (3.26%), Phosphorus: 30.11mg (3.01%), Vitamin B2: 0.04mg (2.33%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.66%), Vitamin E: 0.24mg (1.61%), Calcium: 16.03mg (1.6%), Vitamin C: 1.3mg (1.58%), Potassium: 53.41mg (1.53%), Iron: 0.25mg (1.39%), Vitamin B12: 0.08µg (1.31%), Vitamin B1: 0.02mg (1.23%), Magnesium: 4.93mg (1.23%), Vitamin A: 57.77IU (1.16%), Copper: 0.02mg (1.13%), Manganese: 0.02mg (1.04%)