



Feta Chicken and Vegetables

READY IN



45 min.

SERVINGS



2

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup bell pepper strips red
- 0.3 teaspoon pepper black
- 0.5 teaspoon marjoram dried
- 0.3 cup less-sodium chicken broth fat-free
- 1 ounce feta cheese divided crumbled
- 1 tablespoon flour all-purpose
- 1 teaspoon olive oil
- 0.5 cup onion red vertically sliced
- 0.1 teaspoon salt

- 8 ounce skinned
- 1 teaspoon citrus champagne vinegar

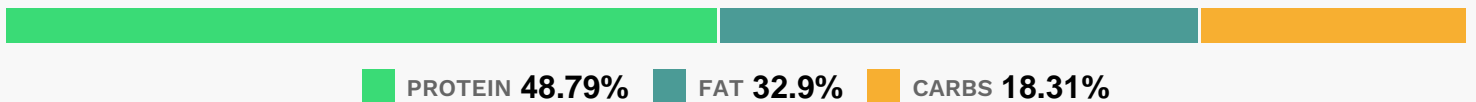
Equipment

- bowl
- frying pan

Directions

- Combine first 4 ingredients in a shallow dish. Dredge chicken in flour mixture.
- Heat oil in a nonstick skillet coated with cooking spray over medium-high heat.
- Add chicken, and cook 4 minutes on each side or until browned.
- Remove chicken from pan; keep warm.
- Add bell pepper, onion, broth, and vinegar to pan; cook 5 minutes or until vegetables are soft, stirring frequently. Spoon bell pepper mixture into a bowl; stir in 2 tablespoons cheese. Return chicken to pan, and sprinkle with 2 tablespoons cheese. Cover; cook over low heat 2 minutes or until cheese melts. Divide the vegetable mixture evenly between 2 plates, and top each serving with a chicken breast half.
- Garnish with oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:3.7, Inflammation Score:-9, Nutrition Score:21.075652262439%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 229.76kcal (11.49%), Fat: 8.28g (12.75%), Saturated Fat: 2.86g (17.87%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 8.48g (3.08%), Sugar: 3.85g (4.28%), Cholesterol: 85.19mg (28.4%), Sodium: 597.19mg (25.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.28%), Vitamin C: 67.92mg (82.33%), Vitamin B3: 12.94mg (64.68%), Selenium: 40.78µg (58.26%), Vitamin B6: 1.11mg (55.5%), Vitamin A: 1653.08IU (33.06%), Phosphorus: 319.3mg (31.93%), Vitamin B5: 2.03mg (20.25%), Vitamin B2: 0.31mg (18.41%), Potassium: 611.65mg (17.48%), Folate: 46.87µg (11.72%), Vitamin B1: 0.17mg (11.47%), Magnesium: 43.96mg (10.99%), Manganese: 0.19mg (9.64%), Calcium: 92.17mg (9.22%), Vitamin B12: 0.54µg (9.03%), Vitamin E: 1.33mg (8.85%), Zinc: 1.3mg (8.65%), Fiber: 1.9g (7.59%), Iron: 1.1mg (6.14%), Vitamin K: 4.86µg (4.62%), Copper: 0.08mg (3.79%), Vitamin D: 0.17µg (1.13%)