



## Garlic Chicken and Potatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 squares garlic & saute starter herb saute express®
- ☐ 12 ounce pre-trimmed green beans fresh
- ☐ 8 small potatoes red
- ☐ 1 pound chicken breasts boneless skinless

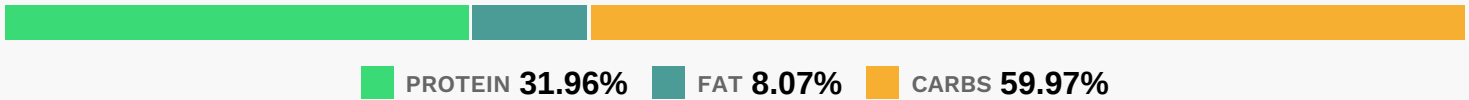
## Equipment

- ☐ frying pan
- ☐ microwave

# Directions

- ☐ Pierce potatoes with fork in 2–3 places. Microwave 3–5 minutes or until just beginning to soften.
- ☐ Melt 2
- ☐ Saute Express® squares in 12–inch nonstick skillet over medium–low heat just until bubbles begin to form.
- ☐ Add chicken.
- ☐ Saute 13–18 minutes or until chicken is golden brown on both sides and done (165 degrees F).
- ☐ Remove from skillet.
- ☐ Melt remaining 1
- ☐ Saute Express® square in skillet.
- ☐ Cut potatoes into bite–sized wedges; add potatoes and green beans to skillet. Cover; cook over medium–high heat, stirring occasionally, 8–10 minutes or until potatoes are golden brown and green beans are tender.
- ☐ Slice chicken; serve over potatoes and green beans.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:1.74, Inflammation Score:–8, Nutrition Score:30.627391701159%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

## Nutrients (% of daily need)

Calories: 394.76kcal (19.74%), Fat: 3.6g (5.54%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 60.24g (20.08%), Net Carbohydrates: 52.14g (18.96%), Sugar: 7.17g (7.96%), Cholesterol: 72.57mg (24.19%), Sodium: 197.97mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.1g (64.21%), Vitamin B3: 16.36mg (81.82%), Vitamin B6: 1.56mg (77.83%), Potassium: 2149.03mg (61.4%), Selenium: 38.6µg (55.15%), Vitamin C: 41.21mg (49.95%), Phosphorus: 479mg (47.9%), Vitamin K: 46.67µg (44.45%), Manganese: 0.69mg (34.63%), Fiber: 8.09g (32.37%),

Magnesium: 125.73mg (31.43%), Vitamin B1: 0.42mg (27.95%), Vitamin B5: 2.76mg (27.6%), Copper: 0.55mg (27.36%), Folate: 93.82µg (23.46%), Iron: 3.79mg (21.06%), Vitamin B2: 0.31mg (18.12%), Zinc: 1.99mg (13.28%), Vitamin A: 644.72IU (12.89%), Calcium: 72.5mg (7.25%), Vitamin E: 0.6mg (3.99%), Vitamin B12: 0.23µg (3.78%)