



Harvest Chicken With Vegetables

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup julienne-cut bell pepper red
- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 tablespoons italian-seasoned breadcrumbs
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion ()

- ☐ 20 ounce chicken breast halves boneless skinless
- ☐ 0.5 teaspoon sugar
- ☐ 10 ounces summer squash diced ()
- ☐ 1 tablespoon tomato paste

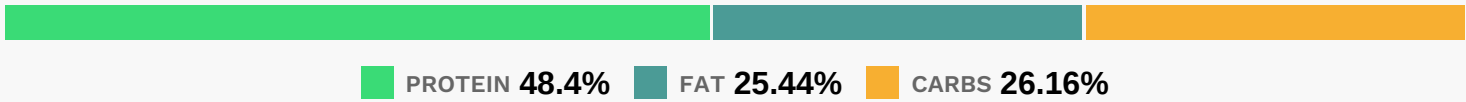
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients (through black pepper) in a large bowl and set aside. Coat chicken with breadcrumbs.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken and cook 2 minutes per side or until golden brown.
- ☐ Remove to a plate.
- ☐ Add squash, onion, and bell pepper to pan; reduce to medium heat and cook 6 minutes (until squash is lightly browned). Stir occasionally. Return chicken to pan.
- ☐ Spoon tomato mixture over chicken. Reduce heat, cover, and simmer 15 minutes.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:77.02, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:29.060869214327%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 276.62kcal (13.83%), Fat: 7.95g (12.22%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 14.11g (5.13%), Sugar: 9.75g (10.83%), Cholesterol: 90.76mg (30.25%), Sodium: 677.42mg (29.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.04%), Vitamin B3: 17.08mg (85.38%), Vitamin C: 64.82mg (78.57%), Vitamin B6: 1.5mg (75.24%), Selenium: 47.45µg (67.78%), Vitamin K: 46.64µg (44.42%), Phosphorus: 384.77mg (38.48%), Potassium: 1176.08mg (33.6%), Vitamin A: 1517.95IU (30.36%), Vitamin B5: 2.58mg (25.8%), Manganese: 0.47mg (23.61%), Vitamin B2: 0.35mg (20.68%), Magnesium: 80.44mg (20.11%), Vitamin E: 2.79mg (18.59%), Vitamin B1: 0.27mg (18.07%), Fiber: 4.27g (17.1%), Folate: 66.14µg (16.53%), Copper: 0.31mg (15.38%), Iron: 2.75mg (15.3%), Zinc: 1.53mg (10.19%), Calcium: 73.31mg (7.33%), Vitamin B12: 0.3µg (4.94%)