



WHATSheATE



Hunts® Chicken with Mediterranean Vegetables



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon olive oil
- ☐ 20 ounce chicken breasts boneless skinless
- ☐ 14.5 ounce hunt's® tomatoes diced with rosemary & oregano, undrained canned
- ☐ 0.3 cup onion yellow chopped
- ☐ 1 cup zucchini and/or squash yellow chopped

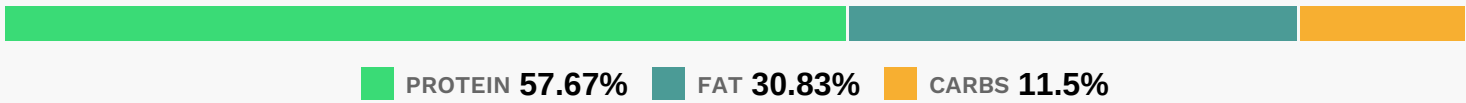
Equipment

☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Sprinkle chicken on each side with garlic salt and pepper.
- ☐ Place in skillet; cook 6 minutes to brown, turning once.
- ☐ Remove from skillet; keep warm.
- ☐ Place zucchini and onion in skillet. Cook 5 minutes or until tender, stirring occasionally. Stir in undrained tomatoes.
- ☐ Return chicken to skillet. Cover; reduce heat to medium-low and simmer 10 to 12 minutes or until chicken is no longer pink in centers (165 degrees F).
- ☐ Serve vegetable mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:19.115652185419%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 221.95kcal (11.1%), Fat: 7.49g (11.53%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 4.49g (1.63%), Sugar: 4.04g (4.49%), Cholesterol: 90.72mg (30.24%), Sodium: 463.36mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.06%), Vitamin B3: 15.55mg (77.76%), Selenium: 45.49µg (64.99%), Vitamin B6: 1.21mg (60.54%), Phosphorus: 338.18mg (33.82%), Vitamin C: 22.32mg (27.05%), Potassium: 870.16mg (24.86%), Vitamin B5: 2.19mg (21.93%), Vitamin A: 961.52IU (19.23%), Magnesium: 55.29mg

(13.82%), Vitamin K: 12.1µg (11.52%), Vitamin B2: 0.19mg (11.43%), Manganese: 0.23mg (11.36%), Vitamin B1: 0.15mg (9.93%), Vitamin E: 1.37mg (9.13%), Folate: 31.08µg (7.77%), Zinc: 1.12mg (7.47%), Fiber: 1.8g (7.21%), Copper: 0.12mg (6.12%), Iron: 0.98mg (5.44%), Vitamin B12: 0.28µg (4.72%), Calcium: 26.16mg (2.62%)