



Italian Chicken with Chickpeas

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper strips green
- 0.3 teaspoon pepper black
- 0.5 teaspoon bottled garlic minced
- 15.5 ounce chickpeas drained canned
- 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, undrained canned
- 1 pound chicken breast tenders
- 1 tablespoon olive oil
- 1.3 cups onion sliced

0.3 teaspoon salt

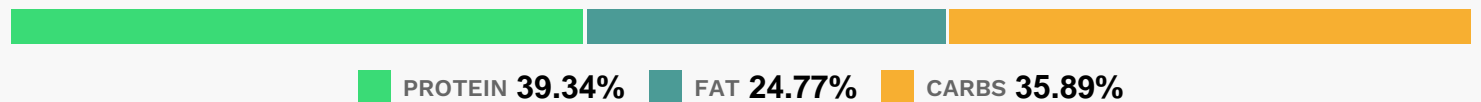
Equipment

frying pan

Directions

- Sprinkle chicken with salt and pepper.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken to pan; cook 2 minutes on each side or until browned.
- Add onion and bell pepper; saut 4 minutes. Reduce heat to medium.
- Add garlic, chickpeas, and tomatoes; cover and cook 8 minutes or until thoroughly heated.
- Garnish with parsley leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:7.42, Inflammation Score:-7, Nutrition Score:26.693043542945%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

Nutrients (% of daily need)

Calories: 319.8kcal (15.99%), Fat: 8.99g (13.83%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 20.94g (7.61%), Sugar: 7.68g (8.54%), Cholesterol: 72.57mg (24.19%), Sodium: 721.38mg (31.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.25%), Vitamin B6: 1.68mg (83.93%), Vitamin B3: 13.47mg (67.36%), Manganese: 1.24mg (62.23%), Selenium: 39.46µg (56.38%), Vitamin C: 45.02mg (54.56%), Phosphorus: 382.98mg (38.3%), Fiber: 8.37g (33.48%), Potassium: 1026.16mg (29.32%), Vitamin B5: 2.34mg (23.38%), Magnesium: 89.13mg (22.28%), Copper: 0.44mg (21.79%), Iron: 3.39mg (18.83%), Vitamin B1: 0.23mg (15.46%), Folate: 59.26µg (14.81%), Vitamin E: 2.15mg (14.36%), Vitamin B2: 0.21mg (12.3%), Zinc: 1.84mg (12.28%), Vitamin K: 10.97µg (10.44%), Calcium: 96.86mg (9.69%), Vitamin A: 411.08IU (8.22%), Vitamin B12: 0.23µg (3.78%)