



Italian-Style Chicken and Pepper Saute

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets
- 1 medium bell pepper green cut into 2-inch-long strips
- 24 ounce veggie smart chunky & savory sauce italian prego®
- 1 large onion thinly sliced cut in half and
- 1 medium bell pepper red cut into 2-inch-long strips
- 1 pound chicken breast halves boneless skinless
- 2 tablespoons vegetable oil
- 1 medium bell pepper yellow cut into 2-inch-long strips

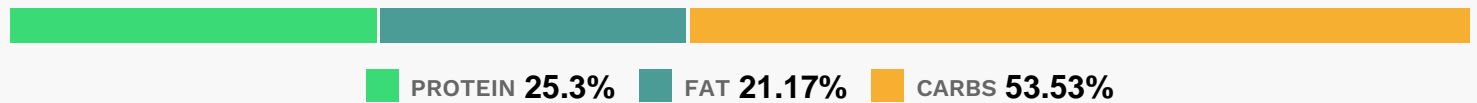
Equipment

frying pan

Directions

- Heat 1 tablespoon oil in a 12-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Remove the chicken from the skillet.
- Heat the remaining oil in the skillet over medium heat.
- Add the peppers and onion and cook until the vegetables are tender-crisp, stirring occasionally. Stir in the broccoli and cook for 2 minutes.
- Stir in the sauce. Return the chicken to the skillet. Reduce the heat to low. Cook for 5 minutes or until the chicken is cooked through. Slice the chicken before serving.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:22.125652126644%

Flavonoids

Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg, Luteolin: 2.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 441.36kcal (22.07%), Fat: 10.23g (15.74%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 58.21g (19.4%), Net Carbohydrates: 55.58g (20.21%), Sugar: 43.23g (48.04%), Cholesterol: 72.57mg (24.19%), Sodium: 2184.39mg (94.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.51g (55.01%), Vitamin C: 141.02mg (170.93%), Vitamin B3: 12.72mg (63.58%), Vitamin B6: 1.14mg (56.87%), Selenium: 37.16µg (53.09%), Vitamin K: 39.75µg (37.85%), Phosphorus: 284.85mg (28.49%), Vitamin A: 1277.55IU (25.55%), Potassium: 724.12mg (20.69%), Vitamin B5: 1.97mg (19.66%), Folate: 50.39µg (12.6%), Magnesium: 48.13mg (12.03%), Vitamin B2: 0.19mg (11.25%), Manganese: 0.22mg (10.88%), Fiber: 2.63g (10.51%), Vitamin E: 1.54mg (10.25%), Vitamin B1: 0.15mg (9.82%), Zinc: 0.98mg (6.52%), Iron: 1.03mg (5.73%), Copper: 0.11mg (5.65%), Vitamin B12: 0.23µg (3.78%), Calcium: 33.32mg

(3.33%)