



Lemon Pepper Chicken and Gravy



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

45 min.

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SERVINGS

servings

4

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CALORIES

calories

177 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound rotisserie chicken breast meat boneless skinless cut into bite-size pieces
- ☐ 4 packets chicken gravy mix dry prepared
- ☐ 1 bell pepper green sliced
- ☐ 1 tablespoon lemon pepper
- ☐ 1 bell pepper red sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil

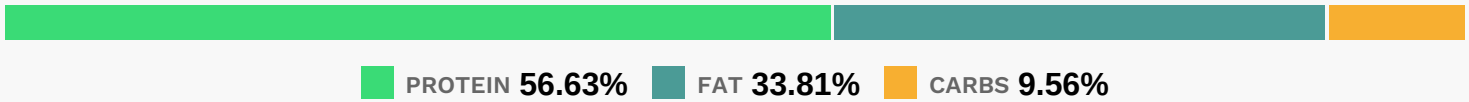
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ In a large skillet or wok heat oil over medium heat.
- ☐ Add chicken and saute for 15 to 20 minutes, or until cooked through (juices run clear and chicken meat is no longer pink inside).
- ☐ Add green bell pepper, red bell pepper, lemon pepper seasoning, prepared gravy, and salt and pepper to taste. Stir all together; reduce heat to medium low and let all simmer about 10 minutes, or until bell peppers are tender and gravy has thickened.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:17.87260884824%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 177.46kcal (8.87%), Fat: 6.58g (10.12%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 2.67g (0.97%), Sugar: 1.99g (2.21%), Cholesterol: 72.65mg (24.22%), Sodium: 332.12mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.78g (49.56%), Vitamin C: 63.36mg (76.8%), Vitamin B3: 12.28mg (61.39%), Selenium: 36.39µg (51.99%), Vitamin B6: 1.01mg (50.35%), Phosphorus: 254.19mg (25.42%), Vitamin A: 1087.16IU (21.74%), Vitamin B5: 1.76mg (17.61%), Potassium: 554.38mg (15.84%), Manganese: 0.28mg (13.92%), Vitamin K: 12.59µg (11.99%), Magnesium: 38.6mg (9.65%), Vitamin B2: 0.15mg (8.81%), Vitamin E: 1.09mg (7.26%), Vitamin B1: 0.11mg (7.15%), Fiber: 1.51g (6.04%), Folate: 21.45µg (5.36%), Zinc: 0.79mg (5.26%), Iron: 0.8mg (4.43%), Vitamin B12: 0.23µg (3.78%), Copper: 0.08mg (3.77%), Calcium: 17.49mg (1.75%)