



Lemony Spanish Pepper Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups bell pepper strips green
- ☐ 1.5 cups bell pepper strips red
- ☐ 0.3 teaspoon pepper black
- ☐ 6 ounce chicken thighs
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons catsup
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated

- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 teaspoon salt

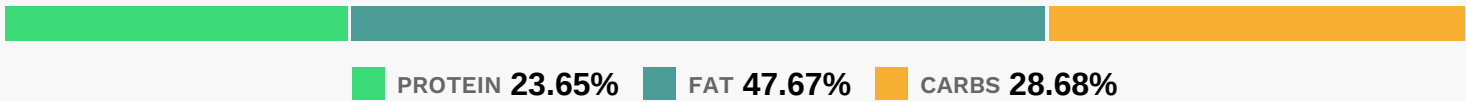
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle the chicken with oregano, salt, black pepper, and paprika.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken, and saute 3 minutes or until lightly browned. Turn chicken over; top with bell peppers, rind, and juice. Cover, reduce heat, and simmer for 30 minutes or until chicken is done.
- ☐ Remove chicken from pan.
- ☐ Combine broth and ketchup in a small bowl. Stir ketchup mixture into pan; bring to a boil.
- ☐ Serve pepper mixture with chicken.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:13.985217385966%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg, Luteolin: 2.97mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 134.25kcal (6.71%), Fat: 7.47g (11.5%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 7.38g (2.68%), Sugar: 5.82g (6.47%), Cholesterol: 41.67mg (13.89%), Sodium: 511.96mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.69%), Vitamin C: 124.61mg (151.04%), Vitamin A: 2104.5IU (42.09%), Vitamin B6: 0.47mg (23.5%), Vitamin B3: 3.12mg (15.62%), Selenium: 8.76µg (12.51%), Vitamin K: 12.96µg (12.34%), Fiber: 2.74g (10.98%), Potassium: 364.57mg (10.42%), Manganese: 0.21mg (10.3%), Phosphorus: 101.06mg (10.11%), Vitamin E: 1.49mg (9.93%), Folate: 38.63µg (9.66%), Vitamin B2: 0.15mg (8.64%), Vitamin B5: 0.74mg (7.39%), Vitamin B1: 0.1mg (6.85%), Magnesium: 25.24mg (6.31%), Iron: 1.12mg (6.24%), Vitamin B12: 0.33µg (5.48%), Zinc: 0.8mg (5.34%), Copper: 0.09mg (4.56%), Calcium: 31.08mg (3.11%)