

Lisa's Easy Chicken



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon garlic salt
- ☐ 2 medium bell peppers green chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 onion red chopped
- ☐ 1 teaspoon penzey's southwest seasoning old bay®

- ☐ 1 teaspoon seasoning salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 2 large tomatoes chopped

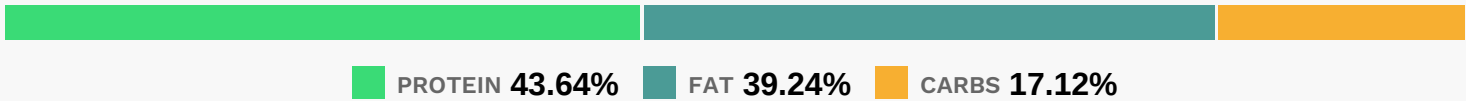
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix the olive oil, garlic salt, parsley, chives, pepper, Old Bay Seasoning, and seasoning salt. Rub the chicken breasts with 1/2 the mixture, and place the breasts in a medium baking dish.
- ☐ Toss the green bell peppers, tomatoes, and red onion with the remaining olive oil mixture. Arrange over the chicken.
- ☐ Bake 1 hour in the preheated oven, stirring the vegetables once, until the vegetables are tender, the chicken is no longer pink, and its juices run clear.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.77, Inflammation Score:-8, Nutrition Score:21.902608560479%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 235.09kcal (11.75%), Fat: 10.32g (15.88%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.06g (5.63%), Cholesterol: 72.32mg (24.11%), Sodium: 2465.13mg (107.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.64%), Vitamin C: 65.49mg (79.38%), Vitamin B3: 12.72mg (63.62%), Vitamin B6: 1.1mg (55.09%), Selenium: 36.39µg (51.99%), Vitamin K: 42.62µg (40.59%), Phosphorus: 282.64mg (28.26%), Potassium: 808.53mg (23.1%), Vitamin A: 1153.21IU (23.06%), Manganese: 0.36mg (18.22%), Vitamin B5: 1.81mg (18.09%), Vitamin E: 2.18mg (14.53%), Magnesium: 53.15mg (13.29%), Fiber: 3.27g (13.09%), Vitamin B1: 0.16mg (10.45%), Vitamin B2: 0.16mg (9.62%), Iron: 1.56mg (8.66%), Folate: 34.66µg (8.66%), Copper: 0.15mg (7.66%), Zinc: 0.99mg (6.63%), Calcium: 52.5mg (5.25%), Vitamin B12: 0.23µg (3.77%)