



Maria's Green Chicken

 **Gluten Free**

READY IN



70 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 bell pepper green seeded chopped
- 2 tablespoons ground turmeric
- 1 onion chopped
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

Equipment

- oven

- baking pan
- aluminum foil

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place chicken breasts in a single layer in a 9x13 inch baking dish.
- Sprinkle the chopped onion and green pepper over the breasts.
- Place small pieces of butter around on the vegetables.
- Sprinkle turmeric powder evenly over the entire dish, and season with salt and pepper to taste. Cover the dish with a lid or aluminum foil.
- Bake for 45 to 60 minutes in the preheated oven, or until the chicken is no longer pink, and the juices run clear.

Nutrition Facts

PROTEIN 38.61% **FAT 51.75%** **CARBS 9.64%**

Properties

Glycemic Index:23, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:15.680434755657%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 259.88kcal (12.99%), Fat: 14.86g (22.86%), Saturated Fat: 8.07g (50.44%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2g (2.22%), Cholesterol: 102.82mg (34.27%), Sodium: 419.42mg (18.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.94g (49.89%), Vitamin B3: 12.15mg (60.73%), Selenium: 36.6µg (52.28%), Vitamin B6: 1.01mg (50.47%), Vitamin C: 28.22mg (34.2%), Phosphorus: 264.01mg (26.4%), Manganese: 0.36mg (18.17%), Potassium: 602.13mg (17.2%), Vitamin B5: 1.69mg (16.89%), Iron: 2.03mg (11.28%), Magnesium: 42.15mg (10.54%), Vitamin A: 499.07IU (9.98%), Vitamin B2: 0.14mg (8.34%), Vitamin B1: 0.11mg (7.2%), Fiber: 1.71g (6.85%), Zinc: 0.91mg (6.04%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.25µg (4.17%), Copper: 0.08mg (4.11%), Vitamin K: 4µg (3.81%), Folate: 14.51µg (3.63%), Calcium: 24.88mg (2.49%)