



Moroccan Skillet Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 4 chicken breast boneless skinless
- ☐ 0.5 teaspoon salt
- ☐ 14.5 ounces tomatoes diced drained canned
- ☐ 2.3 ounces olives ripe drained sliced canned
- ☐ 3 small zucchini cut into 1/2-inch slices (2 cups)
- ☐ 1 medium bell pepper yellow sliced
- ☐ 1.5 teaspoons ground cumin

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon lemon zest grated

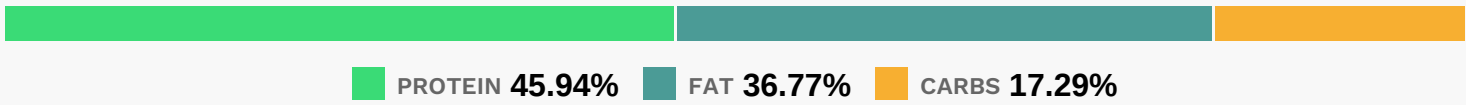
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Sprinkle chicken with 1/2 teaspoon salt; add to skillet. Cook about 5 minutes, turning once, until brown.
- ☐ In medium bowl, mix remaining ingredients except lemon peel; pour over chicken in skillet.
- ☐ Heat to boiling. Reduce heat; cover and simmer 15 to 20 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Sprinkle with lemon peel.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:22.424347711646%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 226.21kcal (11.31%), Fat: 9.42g (14.49%), Saturated Fat: 1.6g (9.98%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 7g (2.54%), Sugar: 4.79g (5.32%), Cholesterol: 72.32mg (24.11%), Sodium: 1117.16mg (48.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.95%), Vitamin C: 82.06mg (99.46%), Vitamin B3: 13.26mg (66.29%), Vitamin B6: 1.16mg (58.21%), Selenium: 36.72µg (52.46%), Phosphorus: 302.2mg (30.22%),

Potassium: 927.46mg (26.5%), Vitamin B5: 1.97mg (19.68%), Manganese: 0.36mg (17.88%), Magnesium: 64.92mg (16.23%), Vitamin B2: 0.26mg (15.54%), Iron: 2.49mg (13.81%), Vitamin K: 13.61µg (12.96%), Vitamin E: 1.94mg (12.92%), Fiber: 2.97g (11.88%), Vitamin B1: 0.18mg (11.68%), Folate: 42.35µg (10.59%), Copper: 0.21mg (10.38%), Vitamin A: 463.82IU (9.28%), Zinc: 1.18mg (7.89%), Calcium: 73.75mg (7.38%), Vitamin B12: 0.23µg (3.77%)