



 **31%**
HEALTH SCORE

My Chicken Milano

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes drained canned
- 2 cloves garlic crushed
- 9 ounce green beans frozen
- 1 teaspoon pepper red crushed
- 4 servings salt and pepper to taste
- 1 teaspoon seasoning italian-style
- 4 chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

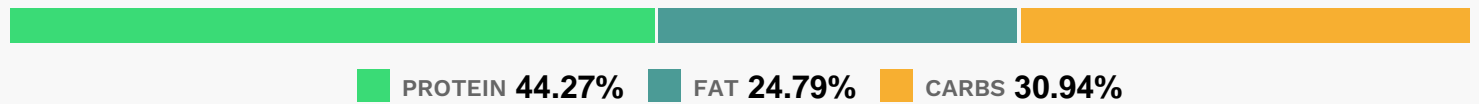
Equipment

frying pan

Directions

- In a large skillet heat oil over medium high heat.
- Add chicken and season with garlic, seasoning, hot pepper flakes and salt and pepper to taste.
- Saute for 5 minutes, then add tomatoes and cook for another 5 minutes.
- Add green beans and stir all together. Cover skillet, reduce heat to medium low and simmer for approximately 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:5.46, Inflammation Score:-8, Nutrition Score:25.980869479801%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 247.12kcal (12.36%), Fat: 7.12g (10.96%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 14.09g (5.12%), Sugar: 10.88g (12.09%), Cholesterol: 72.32mg (24.11%), Sodium: 599.23mg (26.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.24%), Vitamin B3: 14.77mg (73.85%), Vitamin B6: 1.27mg (63.41%), Selenium: 38.07µg (54.39%), Vitamin K: 48.09µg (45.8%), Vitamin C: 27.88mg (33.79%), Potassium: 1156.24mg (33.04%), Phosphorus: 329.58mg (32.96%), Manganese: 0.58mg (28.85%), Fiber: 5.91g (23.64%), Vitamin E: 3.52mg (23.45%), Vitamin B5: 2.32mg (23.23%), Copper: 0.45mg (22.52%), Iron: 3.95mg (21.96%), Magnesium: 87.49mg (21.87%), Vitamin A: 1057.58IU (21.15%), Vitamin B1: 0.28mg (18.57%), Vitamin B2: 0.29mg (17.15%), Folate: 52.74µg (13.18%), Calcium: 109.19mg (10.92%), Zinc: 1.4mg (9.31%), Vitamin B12: 0.23µg (3.77%)