



Pan-Grilled Chicken with Chorizo Confetti

 Gluten Free

READY IN



29 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons carrots diced
- ☐ 0.3 cup chicken stock see unsalted
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 4 servings goat cheese
- ☐ 2 tablespoons bell pepper diced green
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.3 cup onion sliced

- ☐ 0.3 cup fatty pork
- ☐ 0.3 cup bell pepper diced red
- ☐ 4 servings balsamic vinaigrette salad dressing green with simple vinaigrette
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 0.3 cup bell pepper diced yellow

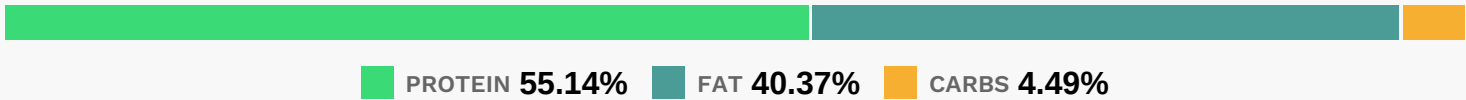
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 6 minutes on each side or until done.
- ☐ While chicken cooks, heat a large skillet over medium-high heat.
- ☐ Add chorizo; cook 1 minute, stirring to crumble.
- ☐ Add remaining 1/4 teaspoon salt, onion, and carrot; cook 2 minutes, stirring occasionally.
- ☐ Add bell peppers; cook 1 minute or until crisp-tender.
- ☐ Add stock; cook 2 minutes or until liquid almost evaporates, scraping pan to loosen browned bits. Spoon chorizo mixture over chicken; top with cilantro.

Nutrition Facts



Properties

Glycemic Index:44.96, Glycemic Load:0.59, Inflammation Score:-9, Nutrition Score:24.453913206639%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 335.17kcal (16.76%), Fat: 14.63g (22.51%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 2.88g (1.05%), Sugar: 1.81g (2.01%), Cholesterol: 133.76mg (44.59%), Sodium: 634.48mg (27.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.96g (89.92%), Vitamin B3: 19.03mg (95.16%), Selenium: 59.36µg (84.8%), Vitamin B6: 1.49mg (74.54%), Phosphorus: 475.29mg (47.53%), Vitamin C: 36.13mg (43.8%), Vitamin A: 1950.4IU (39.01%), Vitamin B5: 2.81mg (28.12%), Potassium: 783.8mg (22.39%), Vitamin B2: 0.35mg (20.62%), Vitamin B1: 0.26mg (17.56%), Copper: 0.3mg (15.21%), Magnesium: 57.28mg (14.32%), Zinc: 1.69mg (11.28%), Iron: 1.52mg (8.44%), Vitamin B12: 0.5µg (8.35%), Manganese: 0.12mg (6.24%), Calcium: 60.74mg (6.07%), Folate: 22.47µg (5.62%), Vitamin E: 0.65mg (4.32%), Vitamin K: 4.24µg (4.04%), Fiber: 0.77g (3.09%), Vitamin D: 0.29µg (1.93%)