



Peachy Chicken Picante

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

READY IN



40 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon orange juice concentrate frozen thawed
- 15 ounce peaches sliced canned
- 0.5 cup bell pepper diced red
- 0.5 cup chunky salsa
- 4 servings salt and pepper to taste
- 4 chicken breast halves boneless skinless

Equipment

frying pan

Directions

- Drain peaches, reserving liquid, and set aside.
- Season chicken with salt and pepper to taste. In a large skillet, heat oil over medium heat.
- Add chicken and saute for 9 to 10 minutes, turning once, until chicken is no longer pink in center.
- Remove chicken from skillet.
- Add bell pepper to skillet, reduce heat and saute for 2 minutes, stirring, until pepper is crisp and tender.
- Add the reserved peach liquid, salsa and orange juice to the skillet and bring all to a boil, scraping up browned bits from the bottom of the skillet.
- Add the peaches and stir until hot.
- Add the chicken. Spoon sauce and peaches over chicken until it is coated/glazed, then serve.

Nutrition Facts

 **PROTEIN 45.53%**  **FAT 27.27%**  **CARBS 27.2%**

Properties

Glycemic Index:18.06, Glycemic Load:3.91, Inflammation Score:-8, Nutrition Score:17.662608872289%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg, Catechin: 5.23mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 224.15kcal (11.21%), Fat: 6.84g (10.52%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 12.74g (4.63%), Sugar: 12.04g (13.38%), Cholesterol: 72.32mg (24.11%), Sodium: 552.96mg (24.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Vitamin B3: 13.23mg (66.15%), Selenium: 38.72µg (55.31%), Vitamin B6: 0.99mg (49.7%), Vitamin C: 35.53mg (43.07%), Phosphorus: 278.19mg (27.82%), Vitamin A:

1133.63IU (22.67%), Potassium: 694.28mg (19.84%), Vitamin B5: 1.92mg (19.18%), Vitamin E: 2.21mg (14.72%), Magnesium: 46.29mg (11.57%), Vitamin B2: 0.18mg (10.51%), Fiber: 2.61g (10.43%), Vitamin B1: 0.13mg (8.63%), Vitamin K: 7.81µg (7.44%), Manganese: 0.14mg (7.08%), Copper: 0.14mg (7%), Zinc: 1.02mg (6.79%), Folate: 23.61µg (5.9%), Iron: 1.03mg (5.72%), Vitamin B12: 0.23µg (3.77%), Calcium: 21.87mg (2.19%)