



Pepper Chicken with Hummus

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 pounds chicken breast boneless skinless cut into 2 1/2 -inch pieces
- ☐ 0.5 teaspoon ground cumin
- ☐ 8 ounce water prepared (preferably Sabra spicy or classic)
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon oregano dried crumbled
- ☐ 1 cubanelle pepper italian cut lengthwise into 1/2-inch-wide strips
- ☐ 4 servings wholewheat pita breads toasted

- ☐ 1 bell pepper red cut lengthwise into 1/2-inch-wide strips
- ☐ 1 medium onion red cut lengthwise into 1/2-inch-wide strips
- ☐ 0.8 teaspoon salt

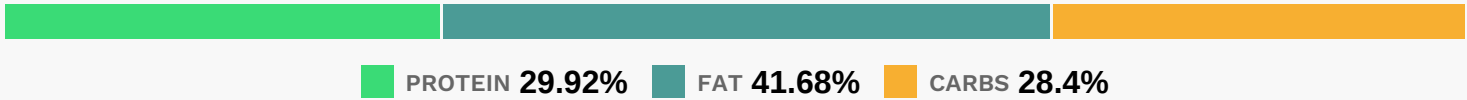
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Line a large shallow baking pan with foil.
- ☐ Stir together oil, salt, cumin, pepper, and oregano in a large bowl, then toss with chicken and vegetables. Arrange in baking pan without crowding and broil 4 to 6 inches from heat, stirring once, until chicken is just cooked through and vegetables are lightly charred, about 8 minutes. Divide hummus among plates and top with chicken and vegetables.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:31.14, Inflammation Score:-9, Nutrition Score:30.57565207585%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 621.78kcal (31.09%), Fat: 28.71g (44.16%), Saturated Fat: 4.39g (27.47%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 38.14g (13.87%), Sugar: 2.43g (2.7%), Cholesterol: 108.86mg (36.29%), Sodium: 1151.54mg (50.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.37g (92.73%), Vitamin B3: 19.61mg (98.07%), Selenium: 56.1µg (80.15%), Vitamin B6: 1.53mg (76.46%), Phosphorus: 528.85mg (52.89%), Vitamin C: 42.18mg (51.13%), Manganese: 0.85mg (42.48%), Vitamin B5: 2.85mg (28.54%), Potassium: 938.39mg (26.81%), Magnesium: 107.05mg (26.76%), Vitamin B1: 0.39mg (26.08%), Fiber: 5.87g (23.48%), Copper: 0.46mg (23.06%), Vitamin E: 3.42mg (22.83%), Folate: 86.58µg (21.64%), Vitamin A: 1006.73IU (20.13%), Iron: 3.32mg (18.46%), Zinc: 2.64mg (17.57%), Vitamin B2: 0.3mg (17.37%), Vitamin K: 13.94µg (13.28%), Calcium: 92.5mg (9.25%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)