



Quick and Easy Chicken

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

READY IN



45 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

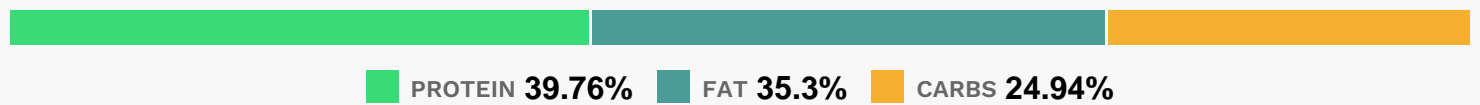
- 1 teaspoon ground pepper black
- 3 tablespoons catsup
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 1 onion chopped
- 4 chicken breast halves boneless skinless
- 2 tablespoons soya sauce
- 3 tablespoons sugar white

Equipment

Directions

- Saute onion in oil until translucent.
- Add chicken, and brown lightly.
- Combine ketchup, soy sauce, sugar, lemon juice, and pepper; mix well.
- Pour over chicken, and bring to a boil. Cover, reduce heat, and simmer for 25 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:6.98, Inflammation Score:-4, Nutrition Score:13.16217378948%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 256.02kcal (12.8%), Fat: 10.04g (15.44%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 15.95g (5.32%), Net Carbohydrates: 15.23g (5.54%), Sugar: 12.89g (14.32%), Cholesterol: 72.32mg (24.11%), Sodium: 737.36mg (32.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.43g (50.87%), Vitamin B3: 12.35mg (61.73%), Selenium: 36.53µg (52.19%), Vitamin B6: 0.92mg (46%), Phosphorus: 261.29mg (26.13%), Vitamin B5: 1.7mg (17%), Potassium: 523.56mg (14.96%), Magnesium: 38.5mg (9.62%), Vitamin E: 1.41mg (9.39%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.17mg (8.67%), Vitamin C: 6.75mg (8.19%), Vitamin B1: 0.09mg (6.26%), Vitamin K: 5.71µg (5.43%), Zinc: 0.77mg (5.14%), Iron: 0.83mg (4.6%), Vitamin B12: 0.23µg (3.77%), Copper: 0.07mg (3.57%), Folate: 13.96µg (3.49%), Fiber: 0.72g (2.89%), Vitamin A: 95.35IU (1.91%), Calcium: 18.29mg (1.83%)