



Red-pepper Lemon Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 15 oz .5 can cannellini beans rinsed drained canned
- ☐ 32 oz boned skinned chicken breast halves
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 lemon zest shredded
- ☐ 0.5 cup chicken stock see reduced-sodium
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup freshly and parmesan shredded finely
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 7 oz roasted peppers red drained sliced
- ☐ 0.5 tsp salt
- ☐ 2 large shallots minced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat olive oil in a large, heavy ovenproof frying pan (not nonstick) over high heat until oil is hot but not smoking.
- ☐ Add chicken breasts, top side down, and cook until golden, 2 to 3 minutes. Turn chicken over.
- ☐ Add shallots and garlic to pan with chicken, stirring occasionally so garlic doesn't burn, until shallots are soft and translucent, 3 to 4 minutes.
- ☐ Add chicken stock, roasted red peppers, cannellini beans, 1/2 tsp. salt, 1/4 tsp. pepper, and red pepper flakes and cook until mixture begins to boil, about 1 minute.
- ☐ Cover pan and put in oven.
- ☐ Bake 14 to 16 minutes, or until chicken is just cooked through (cut to check).
- ☐ Transfer chicken to a plate.
- ☐ Season roasted red pepper–cannellini bean–stock mixture with salt and pepper to taste and stir in lemon juice and zest. Divide vegetables among 4 rimmed plates or shallow pasta bowls, top each with a piece of chicken, and spoon sauce over all.
- ☐ Garnish with parmesan.

Nutrition Facts



 **PROTEIN 48.71%**  **FAT 27.94%**  **CARBS 23.35%**

Properties

Glycemic Index:37.5, Glycemic Load:6.19, Inflammation Score:-8, Nutrition Score:33.213043617166%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 494.67kcal (24.73%), Fat: 15.2g (23.38%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 22.14g (8.05%), Sugar: 1.58g (1.75%), Cholesterol: 149.4mg (49.8%), Sodium: 1353.52mg (58.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.63g (119.25%), Vitamin B3: 24.55mg (122.75%), Selenium: 76.37µg (109.1%), Vitamin B6: 1.96mg (97.82%), Phosphorus: 647.53mg (64.75%), Potassium: 1489.05mg (42.54%), Manganese: 0.76mg (37.88%), Vitamin C: 30.88mg (37.43%), Vitamin B5: 3.54mg (35.39%), Magnesium: 125.92mg (31.48%), Iron: 4.83mg (26.82%), Fiber: 6.43g (25.74%), Folate: 91.9µg (22.98%), Copper: 0.41mg (20.68%), Calcium: 197.03mg (19.7%), Zinc: 2.89mg (19.28%), Vitamin B2: 0.32mg (18.82%), Vitamin B1: 0.28mg (18.44%), Vitamin E: 2.41mg (16.04%), Vitamin B12: 0.56µg (9.3%), Vitamin A: 451.32IU (9.03%), Vitamin K: 8.46µg (8.06%), Vitamin D: 0.26µg (1.72%)