



Roast Chicken with Balsamic Bell Peppers



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.8 teaspoon fennel seeds crushed
- ☐ 1.5 teaspoons rosemary leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 teaspoon oregano dried

- ☐ 2 cups bell pepper red thinly sliced
- ☐ 0.6 teaspoon salt divided
- ☐ 0.5 cup shallots thinly sliced (1 large)
- ☐ 24 ounce chicken breast boneless skinless
- ☐ 1 cup bell pepper yellow thinly sliced

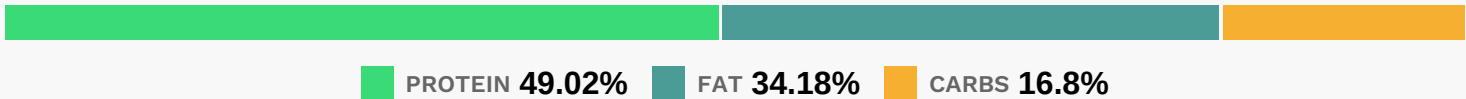
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Heat a large skillet over medium-high heat.
- ☐ Combine 1/2 teaspoon salt, fennel seeds, 1/4 teaspoon black pepper, garlic powder, and oregano.
- ☐ Brush chicken with 1 1/2 teaspoons oil; sprinkle spice rub over chicken.
- ☐ Add 1 1/2 teaspoons oil to pan.
- ☐ Add chicken; cook 3 minutes or until browned. Turn chicken over; cook 1 minute. Arrange chicken in an 11 x 7inch baking dish coated with cooking spray.
- ☐ Bake at 450 for 10 minutes or until done.
- ☐ Heat remaining olive oil over medium-high heat.
- ☐ Add bell peppers, shallots, and rosemary; saut 3 minutes. Stir in broth, scraping pan to loosen browned bits. Reduce heat; simmer 5 minutes. Increase heat to medium-high. Stir in vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook 3 minutes, stirring frequently.
- ☐ Serve bell pepper mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:2.52, Inflammation Score:-10, Nutrition Score:28.77260858598%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 315.22kcal (15.76%), Fat: 11.91g (18.32%), Saturated Fat: 2g (12.5%), Carbohydrates: 13.16g (4.39%), Net Carbohydrates: 10.03g (3.65%), Sugar: 6.15g (6.83%), Cholesterol: 108.86mg (36.29%), Sodium: 801.64mg (34.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.83%), Vitamin C: 168.21mg (203.89%), Vitamin B3: 19.21mg (96.06%), Vitamin B6: 1.67mg (83.52%), Selenium: 56.28µg (80.41%), Vitamin A: 2464.4IU (49.29%), Phosphorus: 413.47mg (41.35%), Vitamin B5: 2.88mg (28.83%), Potassium: 999.69mg (28.56%), Vitamin E: 2.55mg (16.98%), Magnesium: 67.29mg (16.82%), Manganese: 0.32mg (15.81%), Vitamin B2: 0.26mg (15.49%), Folate: 61.85µg (15.46%), Fiber: 3.13g (12.54%), Vitamin B1: 0.18mg (12.27%), Iron: 1.78mg (9.89%), Zinc: 1.4mg (9.31%), Vitamin K: 9.63µg (9.17%), Vitamin B12: 0.45µg (7.56%), Copper: 0.15mg (7.29%), Calcium: 40.26mg (4.03%), Vitamin D: 0.17µg (1.13%)