



Saffron Chicken with Matchstick Vegetables

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup julienne- carrot
- ☐ 0.3 cup julienne- celery
- ☐ 0.3 cup chicken broth low-sodium undiluted canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 tablespoon garlic minced
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.5 teaspoon olive oil

- ☐ 0.5 cup julienne- onion
- ☐ 1 Dash pepper
- ☐ 0.1 teaspoon ground saffron
- ☐ 0.3 teaspoon salt
- ☐ 8 ounce skinned
- ☐ 0.3 cup tomatoes peeled seeded chopped
- ☐ 2 teaspoons no-salt-added tomato paste

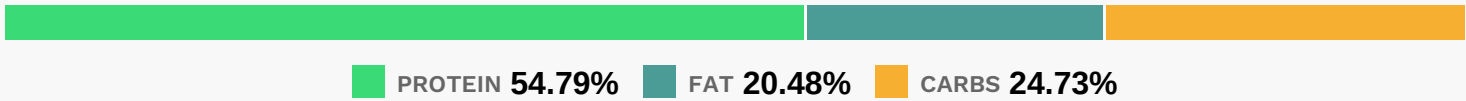
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Coat a small nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add chicken, and cook 2 minutes on each side or until browned.
- ☐ Transfer chicken to a 7- x 5 1/4- x 1 1/2-inch baking dish; set aside.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add carrot and next 3 ingredients; saute 3 minutes or until vegetables are tender.
- ☐ Add tomato and remaining ingredients to skillet; bring to a boil.
- ☐ Pour vegetable mixture over chicken. Cover; bake at 350 for 20 minutes or until chicken is tender. Spoon vegetables evenly onto 2 serving plates, using a slotted spoon.
- ☐ Place chicken over vegetables.

Nutrition Facts



Properties

Glycemic Index:167.92, Glycemic Load:3.05, Inflammation Score:-10, Nutrition Score:20.513043724972%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 214.19kcal (10.71%), Fat: 4.36g (6.71%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 9.39g (3.41%), Sugar: 5.14g (5.71%), Cholesterol: 72.57mg (24.19%), Sodium: 522.39mg (22.71%), Alcohol: 3.09g (100%), Alcohol %: 1.33% (100%), Protein: 26.26g (52.52%), Vitamin A: 5741.61IU (114.83%), Vitamin B3: 13.03mg (65.16%), Selenium: 37.5µg (53.56%), Vitamin B6: 1.05mg (52.63%), Phosphorus: 295.65mg (29.56%), Potassium: 797.82mg (22.79%), Vitamin B5: 1.85mg (18.52%), Vitamin C: 12.82mg (15.54%), Manganese: 0.29mg (14.73%), Vitamin K: 13.98µg (13.31%), Magnesium: 48.66mg (12.16%), Vitamin B2: 0.18mg (10.73%), Fiber: 2.47g (9.86%), Vitamin B1: 0.14mg (9.19%), Folate: 28µg (7%), Iron: 1.25mg (6.95%), Zinc: 1.02mg (6.8%), Vitamin E: 1.02mg (6.79%), Copper: 0.13mg (6.59%), Calcium: 49.04mg (4.9%), Vitamin B12: 0.26µg (4.27%)