



HEALTH SCORE

59%

Savory Diet Chicken



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots cubed
- ☐ 2 bell peppers green sliced
- ☐ 2 onions quartered
- ☐ 1 teaspoon paprika
- ☐ 6 potatoes
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 dash worcestershire sauce

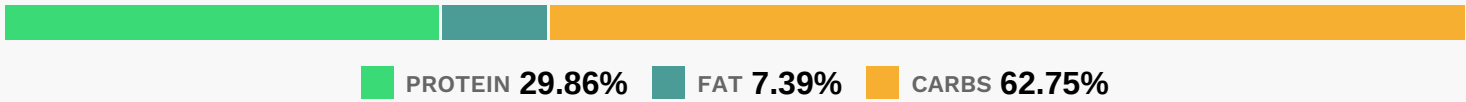
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a 9x13 inch baking dish, place the chicken breasts.
- ☐ Add the potatoes, bell peppers, carrot and onion, all cubed or quartered.
- ☐ Sprinkle all liberally with Worcestershire sauce and a dash of paprika. Cover dish and bake in the preheated oven for 1 1/2 hour. That's it! Enjoy!

Nutrition Facts



Properties

Glycemic Index:45.65, Glycemic Load:43.2, Inflammation Score:-10, Nutrition Score:35.662608685701%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg, Luteolin: 2.85mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg, Quercetin: 14.78mg

Nutrients (% of daily need)

Calories: 423.46kcal (21.17%), Fat: 3.51g (5.4%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 67.1g (22.37%), Net Carbohydrates: 57.05g (20.75%), Sugar: 7.85g (8.72%), Cholesterol: 72.32mg (24.11%), Sodium: 179.9mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.86%), Vitamin C: 118.13mg (143.19%), Vitamin A: 5853.93IU (117.08%), Vitamin B6: 2.04mg (102.15%), Vitamin B3: 15.87mg (79.35%), Potassium: 2063.42mg (58.95%), Selenium: 37.46µg (53.51%), Phosphorus: 460.18mg (46.02%), Fiber: 10.05g (40.18%), Manganese: 0.7mg (35.15%), Magnesium: 119.08mg (29.77%), Vitamin B5: 2.78mg (27.82%), Vitamin B1: 0.41mg (27.34%), Copper: 0.45mg (22.74%), Folate: 78.39µg (19.6%), Iron: 3.44mg (19.13%), Vitamin B2: 0.27mg (15.99%), Vitamin K: 15.55µg (14.81%), Zinc: 1.85mg (12.34%), Calcium: 74.56mg (7.46%), Vitamin E: 0.83mg (5.56%), Vitamin B12: 0.23µg (3.77%)