



Skillet Apple Chicken

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

Ingredients

- 1 apples sweet cored peeled thinly sliced
- 1.5 teaspoons tarragon dried chopped
- 1.5 tablespoons garlic salt
- 2.5 tablespoons olive oil
- 1 tablespoon cracked pepper black
- 1 teaspoon pumpkin pie spice
- 2 chicken breasts boneless skinless cut into 1/4-inch strips

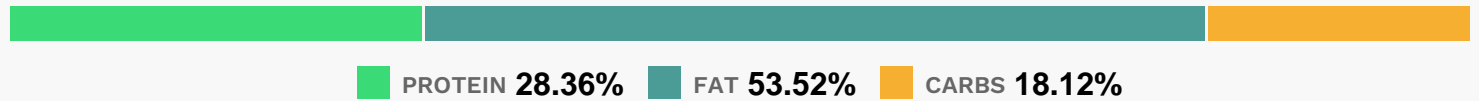
Equipment

frying pan

Directions

- Heat the olive oil in a large skillet over medium heat, and cook the chicken 5 minutes.
- Gradually stir the apples into the skillet, and continue cooking 15 minutes, or until chicken juices run clear and apples are tender. Thoroughly mix in the garlic salt, pepper, pumpkin pie spice, and tarragon.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.07, Inflammation Score:-2, Nutrition Score:8.1891303114269%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 173.11kcal (8.66%), Fat: 10.46g (16.09%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.36g (2.31%), Sugar: 4.78g (5.31%), Cholesterol: 36.16mg (12.05%), Sodium: 2683.36mg (116.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.47g (24.94%), Vitamin B3: 6.03mg (30.15%), Selenium: 18.24µg (26.06%), Vitamin B6: 0.47mg (23.31%), Manganese: 0.36mg (18.07%), Phosphorus: 128.96mg (12.9%), Vitamin E: 1.47mg (9.83%), Potassium: 304.26mg (8.69%), Vitamin K: 8.98µg (8.55%), Vitamin B5: 0.85mg (8.54%), Fiber: 1.6g (6.4%), Magnesium: 22.88mg (5.72%), Vitamin B2: 0.08mg (4.81%), Iron: 0.82mg (4.56%), Vitamin C: 3.26mg (3.96%), Vitamin B1: 0.05mg (3.2%), Copper: 0.06mg (2.85%), Zinc: 0.41mg (2.74%), Calcium: 25.86mg (2.59%), Vitamin B12: 0.11µg (1.88%), Vitamin A: 82.53IU (1.65%), Folate: 6.05µg (1.51%)