



Skillet Chicken with Vegetables Parmesan

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black
- 1 tsp basil leaves dried divided
- 10 oz vegetables mixed frozen thawed (broccoli, carrots, green beans, peppers)
- 2 cloves garlic minced
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 2 Tbsp parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless

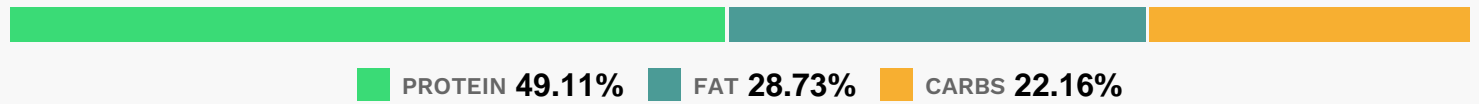
Equipment

frying pan

Directions

- Cook garlic in dressing in large skillet on medium heat 1 min.
- Add chicken, 3/4 tsp. basil and pepper; cook 4 to 5 min. on each side or until chicken is done (165F).
- Add vegetables and remaining basil; cook 2 to 3 min. or until heated through, stirring occasionally.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:3.7652174435232%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.75kcal (2.24%), Fat: 1.43g (2.19%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.32g (0.36%), Cholesterol: 14.95mg (4.98%), Sodium: 71mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Vitamin A: 732.67IU (14.65%), Vitamin B3: 2.55mg (12.77%), Selenium: 7.59µg (10.85%), Vitamin B6: 0.19mg (9.52%), Phosphorus: 60.29mg (6.03%), Vitamin B5: 0.35mg (3.51%), Potassium: 120.73mg (3.45%), Vitamin K: 2.94µg (2.8%), Manganese: 0.05mg (2.72%), Magnesium: 10.24mg (2.56%), Fiber: 0.61g (2.42%), Vitamin C: 1.85mg (2.25%), Vitamin B2: 0.04mg (2.22%), Vitamin B1: 0.03mg (2.21%), Iron: 0.3mg (1.66%), Zinc: 0.23mg (1.52%), Folate: 5.28µg (1.32%), Calcium: 11.7mg (1.17%), Copper: 0.02mg (1.14%)