

# Sofrito Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**42 min.**

SERVINGS



**42**

CALORIES



**30 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tsp ground annatto
- 14 oz canned tomatoes diced undrained canned
- 1 cup cilantro leaves chopped
- 2 cloves garlic minced
- 1 medium bell pepper green chopped
- 3 oz oscar mayer ham finely chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 medium onion chopped

1.5 lb chicken breasts boneless skinless

## Equipment

frying pan

## Directions

- Heat dressing, onions, garlic and annatto in large skillet on medium-high heat 2 min.
- Add peppers, tomatoes, ham and cilantro; cook 5 min., stirring constantly.
- Reduce heat to medium.
- Place chicken on tomato mixture; press lightly. Cook 10 min. Carefully turn chicken over so that tomato mixture sticks to chicken; cover.
- Cook 15 min. or until chicken is cooked through (170F).

## Nutrition Facts



## Properties

Glycemic Index:2.36, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.4321739291367%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 30.27kcal (1.51%), Fat: 1.08g (1.66%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.56g (0.62%), Cholesterol: 11.62mg (3.87%), Sodium: 70.62mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.05%), Vitamin B3: 1.87mg (9.35%), Selenium: 5.72µg (8.17%), Vitamin B6: 0.15mg (7.61%), Vitamin C: 3.7mg (4.48%), Phosphorus: 42.09mg (4.21%), Potassium: 96.01mg (2.74%), Vitamin B5: 0.26mg (2.6%), Vitamin K: 2.49µg (2.37%), Vitamin B1: 0.03mg (2.03%), Vitamin B2: 0.03mg (1.66%), Magnesium: 6.39mg (1.6%), Zinc: 0.17mg (1.11%), Iron: 0.2mg (1.1%), Manganese: 0.02mg (1.06%), Vitamin A: 52.67IU (1.05%), Vitamin E: 0.15mg (1.02%)