



Spinach and Chicken Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 lb chicken breast boneless skinless
- 1 cup skim milk fat-free (skim)
- 0.5 cup chicken broth (from 32-oz carton)
- 0.5 cup onion chopped
- 10 oz pkt spinach fresh washed chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 teaspoon nutmeg

Equipment

- frying pan

Directions

- Spray 12-inch skillet with cooking spray; heat over medium heat. Cook chicken in skillet 2 minutes on each side; reduce heat to medium-low. Stir in milk, broth and onion. Cook about 5 minutes, turning chicken occasionally, until onion is tender.
- Stir in spinach. Cook 3 to 4 minutes, stirring occasionally, until spinach is completely wilted and juice of chicken is no longer pink when center of thickest part is cut (170°F).
- Remove chicken from skillet; keep warm.
- Increase heat to medium. Cook spinach mixture about 3 minutes or until liquid has almost evaporated. Stir in salt, pepper and nutmeg.
- Serve chicken on spinach.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:27.703478046086%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 182.73kcal (9.14%), Fat: 3.73g (5.74%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.93g (3.26%), Cholesterol: 86.29mg (28.76%), Sodium: 377.65mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.25%), Vitamin K: 228.67µg (217.78%), Vitamin A: 4554.75IU (91.09%), Vitamin B3: 14.25mg (71.25%), Selenium: 43.78µg (62.54%), Vitamin B6: 1.12mg (56.16%), Phosphorus: 349.63mg (34.96%), Folate: 100.38µg (25.1%), Manganese: 0.48mg (24.22%), Potassium: 845.75mg (24.16%), Vitamin B5: 2.08mg (20.81%), Magnesium: 78.45mg (19.61%), Vitamin C: 15.85mg (19.22%), Vitamin B2: 0.29mg (17.08%), Calcium: 111.72mg (11.17%), Vitamin B1: 0.16mg (10.33%), Iron: 1.82mg (10.13%), Vitamin B12: 0.51µg

(8.42%), Zinc: 1.24mg (8.27%), Vitamin E: 1.22mg (8.15%), Copper: 0.11mg (5.41%), Fiber: 1.3g (5.22%), Vitamin D:
0.58µg (3.88%)