



Springtime Chicken Skillet



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lb chicken breast boneless skinless cut into 2- to 3-inch strips
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 1 cup asparagus fresh chopped
- ☐ 0.5 cup avarakkai / broad beans fresh shelled drained (from 19-oz can)
- ☐ 0.3 cup chicken broth (from 32-oz carton)
- ☐ 2 cups radicchio thinly chopped

- ☐ 1 cup parsley fresh italian chopped (flat-leaf)
- ☐ 0.5 cup mint leaves fresh
- ☐ 1 medium shallots
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil

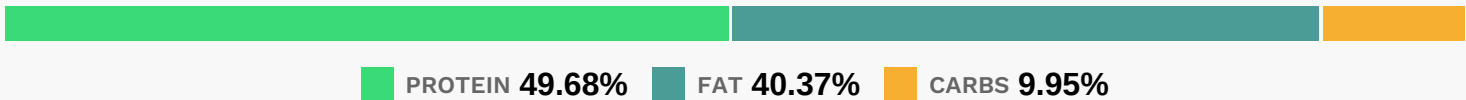
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 10- to 12-inch skillet over medium heat.
- ☐ Sprinkle chicken strips with salt and pepper.
- ☐ Drizzle skillet with 2 tablespoons olive oil.
- ☐ Add chicken; cook until browned on 1 side. Turn chicken; add asparagus, fava beans and broth. Cook until chicken is no longer pink in center and asparagus is crisp-tender.
- ☐ Meanwhile, in food processor, place all Mint Pesto ingredients except olive oil. Cover; process with on/off pulses until combined. While processor is running, pour 1/2 cup olive oil in steady stream, processing until mixture resembles pesto.
- ☐ Pour Chicken-Veggie
- ☐ Mixture into large serving bowl.
- ☐ Add radicchio and Mint Pesto; toss well to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:2.41, Inflammation Score:-9, Nutrition Score:34.416956476543%

Flavonoids

Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg, Cyanidin: 25.4mg Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg, Delphinidin: 1.54mg Eriodictyol: 2.29mg, Eriodictyol: 2.29mg, Eriodictyol: 2.29mg, Eriodictyol: 2.29mg Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 32.65mg, Apigenin: 32.65mg, Apigenin: 32.65mg, Apigenin: 32.65mg Luteolin: 8.51mg, Luteolin: 8.51mg, Luteolin: 8.51mg, Luteolin: 8.51mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg, Quercetin: 11.07mg

Nutrients (% of daily need)

Calories: 421.29kcal (21.06%), Fat: 18.7g (28.77%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 7.03g (2.56%), Sugar: 2.11g (2.34%), Cholesterol: 145.44mg (48.48%), Sodium: 916.43mg (39.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.78g (103.57%), Vitamin K: 320.34µg (305.08%), Vitamin B3: 24.54mg (122.69%), Selenium: 74.26µg (106.09%), Vitamin B6: 1.8mg (90.24%), Phosphorus: 547.09mg (54.71%), Vitamin C: 32.85mg (39.82%), Vitamin A: 1836.39IU (36.73%), Vitamin B5: 3.53mg (35.31%), Potassium: 1181.27mg (33.75%), Folate: 94.26µg (23.57%), Magnesium: 90.4mg (22.6%), Vitamin E: 3.19mg (21.3%), Vitamin B2: 0.34mg (20.04%), Manganese: 0.39mg (19.29%), Iron: 3.42mg (19.01%), Vitamin B1: 0.24mg (16.3%), Copper: 0.31mg (15.26%), Zinc: 2.11mg (14.04%), Fiber: 3.34g (13.35%), Vitamin B12: 0.46µg (7.61%), Calcium: 71.47mg (7.15%), Vitamin D: 0.23µg (1.51%)