



Sunset Chicken



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes drained canned
- ☐ 4 pound meat from a rotisserie chicken whole skinless cut into pieces,
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 bell pepper green cut into strips
- ☐ 1 tablespoon olive oil
- ☐ 29 1 (29 ounce) can sliced peaches sliced canned
- ☐ 0.5 onion red chopped
- ☐ 1 tablespoon soya sauce

☐ 3 tablespoons vinegar white

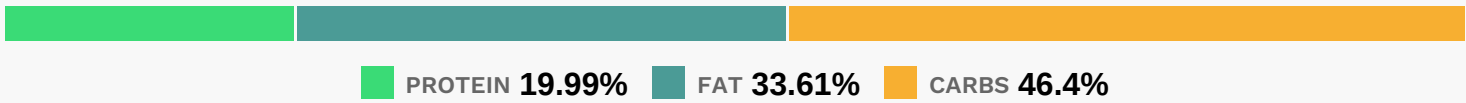
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oil in a large skillet over medium high heat. Brown chicken pieces, then cover and saute for 7 to 10 minutes, until golden brown and almost cooked through.
- ☐ Transfer to a 9x13 inch baking dish.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Saute onion and bell pepper in skillet until soft; set aside. In a medium saucepan combine the cornstarch, soy sauce, vinegar and 1 cup of the reserved peach syrup. Stir together, bring to a boil and cook until clear, stirring constantly; stir in peaches, tomatoes with liquid and onion/bell pepper mixture.
- ☐ Pour sauce over chicken pieces, cover dish and bake at 375 degrees F (190 degrees C) for 20 minutes.
- ☐ Remove cover and bake for another 20 minutes.

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:20.08, Inflammation Score:-9, Nutrition Score:25.017826090688%

Flavonoids

Cyanidin: 10.44mg, Cyanidin: 10.44mg, Cyanidin: 10.44mg, Cyanidin: 10.44mg Catechin: 26.75mg, Catechin: 26.75mg, Catechin: 26.75mg, Catechin: 26.75mg Epigallocatechin: 5.66mg, Epigallocatechin: 5.66mg, Epigallocatechin: 5.66mg Epicatechin: 12.72mg, Epicatechin: 12.72mg, Epicatechin: 12.72mg, Epicatechin: 12.72mg Epigallocatechin 3-gallate: 1.63mg, Epigallocatechin 3-gallate: 1.63mg,

Epigallocatechin 3–gallate: 1.63mg, Epigallocatechin 3–gallate: 1.63mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

Nutrients (% of daily need)

Calories: 508.21kcal (25.41%), Fat: 19.79g (30.45%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 61.49g (20.5%), Net Carbohydrates: 51.96g (18.89%), Sugar: 48.57g (53.97%), Cholesterol: 81.65mg (27.22%), Sodium: 341.41mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.97%), Vitamin B3: 12.58mg (62.91%), Vitamin C: 41.23mg (49.98%), Vitamin A: 2090.68IU (41.81%), Selenium: 27.53µg (39.33%), Fiber: 9.53g (38.14%), Vitamin E: 5.25mg (34.98%), Vitamin B6: 0.64mg (32.01%), Phosphorus: 304.42mg (30.44%), Potassium: 1060.7mg (30.31%), Copper: 0.59mg (29.35%), Manganese: 0.49mg (24.44%), Vitamin K: 22.85µg (21.76%), Iron: 3.63mg (20.19%), Vitamin B5: 2mg (19.97%), Vitamin B2: 0.34mg (19.73%), Magnesium: 78.73mg (19.68%), Zinc: 2.86mg (19.05%), Vitamin B1: 0.25mg (16.49%), Folate: 49.04µg (12.26%), Vitamin B12: 0.34µg (5.62%), Calcium: 55.12mg (5.51%), Vitamin D: 0.22µg (1.45%)