



## The New Chicken Skillet

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tsp ancho chile pepper powder
- 14.5 oz canned tomatoes diced undrained canned
- 1 cup four cheese shredded mexican style kraft finely
- 1 bell pepper green cut into thin strips
- 2 Tbsp olive oil
- 1 Tbsp oregano leaves dried
- 2 Tbsp sherry vinegar
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

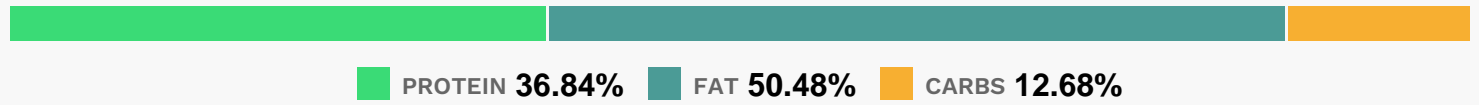
## Equipment

- bowl
- frying pan

## Directions

- Toss chicken with next 3 ingredients in large bowl until evenly coated. Cook in large nonstick skillet on medium-high heat 8 min. or until evenly browned, stirring frequently.
- Remove from skillet; set aside.
- Add peppers to skillet; cook and stir 2 min. Stir in vinegar; cook 1 min. or until vinegar is cooked off. Return chicken to skillet with tomatoes; stir. Cover; simmer on medium-low heat 15 min. or until heated through.
- Top with cheese; let stand, covered, 2 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:2.29, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:2.6760869531528%

## Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 40.45kcal (2.02%), Fat: 2.29g (3.52%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.67g (0.75%), Cholesterol: 11.52mg (3.84%), Sodium: 52mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin B3: 1.53mg (7.66%), Selenium: 5.14µg (7.35%), Vitamin B6: 0.13mg (6.36%), Vitamin C: 4.02mg (4.87%), Phosphorus: 46.94mg (4.69%), Calcium: 30.21mg (3.02%), Potassium: 95.57mg (2.73%), Vitamin K: 2.5µg (2.38%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.35mg (2.36%), Vitamin A: 113.8IU (2.28%), Vitamin B2: 0.04mg (2.16%), Magnesium: 7.47mg (1.87%), Manganese: 0.04mg (1.83%), Iron: 0.29mg (1.59%), Zinc: 0.24mg (1.57%), Fiber: 0.38g (1.53%), Copper: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.36%)