



 **22%**
HEALTH SCORE

The New Chicken Skillet

 **Gluten Free**

READY IN



35 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ancho chili pepper
- 14.5 ounce canned tomatoes diced undrained canned
- 1 cup cheese shredded mexican style kraft finely
- 1 bell pepper green cut into thin strips
- 2 tablespoons olive oil
- 1 tablespoon oregano dried
- 2 tablespoons sherry vinegar
- 1 pound chicken breast boneless skinless cut into bite-size pieces

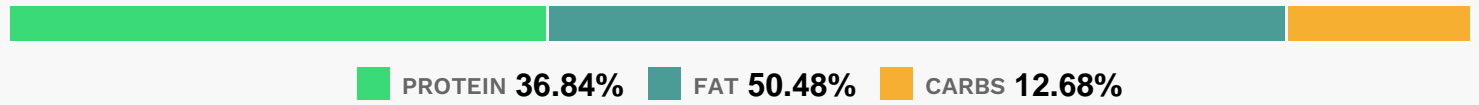
Equipment

- 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:20, Glycemic Load:2.39, Inflammation Score:-9, Nutrition Score:23.412608690884%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 353.98kcal (17.7%), Fat: 20.01g (30.78%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 7.96g (2.89%), Sugar: 5.89g (6.54%), Cholesterol: 100.82mg (33.61%), Sodium: 455.02mg (19.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.69%), Vitamin B3: 13.41mg (67.03%), Selenium: 45µg (64.28%), Vitamin B6: 1.11mg (55.63%), Vitamin C: 35.19mg (42.65%), Phosphorus: 410.77mg (41.08%), Calcium: 264.35mg (26.44%), Potassium: 836.28mg (23.89%), Vitamin K: 21.87µg (20.83%), Vitamin B5: 2.07mg (20.71%), Vitamin E: 3.1mg (20.65%), Vitamin A: 995.76IU (19.92%), Vitamin B2: 0.32mg (18.89%), Magnesium: 65.4mg (16.35%), Manganese: 0.32mg (16.01%), Iron: 2.51mg (13.94%), Zinc: 2.06mg (13.73%), Fiber: 3.34g (13.37%), Copper: 0.26mg (12.96%), Vitamin B1: 0.18mg (11.87%), Vitamin B12: 0.53µg (8.77%), Folate: 30.39µg (7.6%), Vitamin D: 0.28µg (1.89%)