



T's Easy Chicken

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup mushrooms fresh sliced
- 0.5 cup mushrooms fresh sliced
- 0.3 cup juice of lemon fresh
- 0.3 cup olive oil
- 0.3 cup onion diced
- 4 chicken breast halves boneless skinless
- 0.5 cup tomatoes diced drained

Equipment

frying pan

Directions

- Heat oil, lemon juice and onion in a large skillet over medium heat. When onion is tender, add chicken, mushrooms and tomatoes.
- Cook over medium high heat for 5 to 7 minutes each side, stirring occasionally, or until chicken is cooked through and no longer pink inside.

Nutrition Facts

 **PROTEIN 38.03%**  **FAT 56.66%**  **CARBS 5.31%**

Properties

Glycemic Index:32.25, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:14.336086760397%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 264.15kcal (13.21%), Fat: 16.59g (25.53%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.77g (1.97%), Cholesterol: 72.32mg (24.11%), Sodium: 134.03mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.12%), Vitamin B3: 12.79mg (63.94%), Selenium: 38.46µg (54.94%), Vitamin B6: 0.91mg (45.26%), Phosphorus: 266.53mg (26.65%), Vitamin B5: 2.02mg (20.18%), Potassium: 569mg (16.26%), Vitamin E: 2.29mg (15.24%), Vitamin C: 11.05mg (13.4%), Vitamin B2: 0.22mg (12.82%), Vitamin K: 9.86µg (9.39%), Magnesium: 35.5mg (8.88%), Vitamin B1: 0.11mg (7.13%), Copper: 0.12mg (6.21%), Zinc: 0.84mg (5.58%), Folate: 16.34µg (4.09%), Vitamin B12: 0.24µg (3.93%), Iron: 0.7mg (3.87%), Vitamin A: 190.16IU (3.8%), Manganese: 0.06mg (3.21%), Fiber: 0.68g (2.72%), Calcium: 11.58mg (1.16%), Vitamin D: 0.16µg (1.07%)