



Tuscan Garlic Chicken Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 cups chicken broth fat-free reduced-sodium
- 0.5 tsp rosemary fresh minced
- 4 cloves garlic minced
- 2 Tbsp olive oil divided
- 0.5 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 1 cup peas frozen
- 1.5 lb potatoes red cut in half (9)

- 1.5 lb chicken thighs boneless skinless
- 0.3 cup tuscan house dressing italian kraft

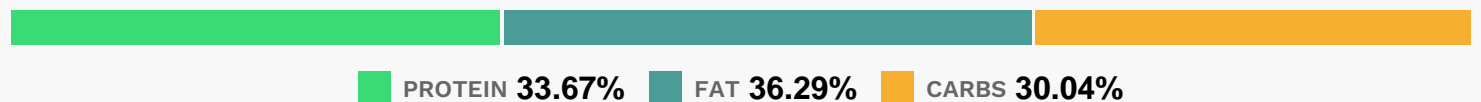
Equipment

- frying pan
- slotted spoon

Directions

- Heat 1 Tbsp. oil in large nonstick skillet on medium-high heat.
- Add chicken; cook 3 min. on each side or until thighs are evenly browned on both sides.
- Transfer to plate; cover to keep warm.
- Add remaining oil and potatoes, cut sides down, to skillet; cook on medium heat 7 min. on each side or until potatoes are golden brown, stirring in garlic, rosemary and oregano for the last minute.
- Add broth and dressing; stir to scrape browned bits from bottom of skillet. Bring to boil; cover. Simmer on medium-low heat 10 min., stirring occasionally. Return chicken to skillet; simmer 5 min. or until potatoes are tender and chicken is done (165F).
- Transfer chicken and potatoes to platter with slotted spoon, reserving liquid in skillet; cover chicken and potatoes to keep warm.
- Bring liquid in skillet to boil on medium-high heat; cook 5 to 7 min. or until reduced to about 3/4 cup. Stir in peas; cook 1 min. or until heated through, stirring occasionally. Spoon over chicken and potatoes; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:13.22, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:18.157826201423%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg,
Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 321.54kcal (16.08%), Fat: 12.92g (19.87%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 24.06g (8.02%),
Net Carbohydrates: 20.64g (7.5%), Sugar: 3.99g (4.43%), Cholesterol: 111.35mg (37.12%), Sodium: 486.6mg (21.16%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.97g (53.93%), Selenium: 29.62µg (42.31%), Vitamin B3:
8.44mg (42.21%), Vitamin B6: 0.78mg (39.05%), Phosphorus: 343.74mg (34.37%), Potassium: 893.18mg (25.52%),
Vitamin C: 20.1mg (24.36%), Vitamin K: 21.9µg (20.86%), Vitamin B1: 0.27mg (17.92%), Vitamin B5: 1.79mg (17.86%),
Zinc: 2.62mg (17.48%), Vitamin B2: 0.3mg (17.36%), Manganese: 0.33mg (16.52%), Magnesium: 62.38mg (15.6%),
Vitamin B12: 0.88µg (14.61%), Copper: 0.28mg (13.88%), Fiber: 3.42g (13.68%), Iron: 2.32mg (12.89%), Folate: 41.86µg
(10.46%), Vitamin E: 1.18mg (7.89%), Calcium: 73.83mg (7.38%), Vitamin A: 264.03IU (5.28%)