



Tuscan Rosemary Chicken and White Beans



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 19 oz cannellini beans rinsed drained canned
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks sliced
- ☐ 1 teaspoon rosemary dried crushed
- ☐ 0.3 cup salad dressing italian
- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 0.3 cup sun-dried tomatoes drained coarsely chopped in oil
- ☐ 0.3 cup water

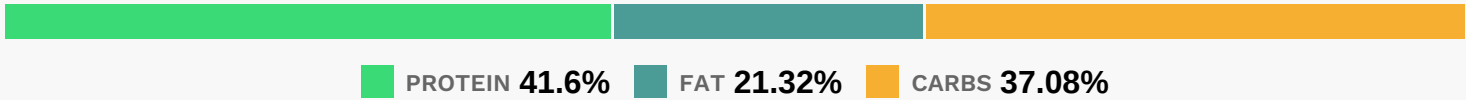
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, heat dressing over medium-high heat. Cook chicken in dressing 2 to 3 minutes on each side or until lightly browned.
- ☐ Reduce heat to medium-low.
- ☐ Add water, carrots, celery, tomatoes and rosemary to skillet. Cover; simmer about 10 minutes or until carrots are crisp-tender and juice of chicken is clear when center of thickest part is cut (170F).
- ☐ Stir in beans. Cover; cook 5 to 6 minutes or until beans are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:44.96, Glycemic Load:7.98, Inflammation Score:-10, Nutrition Score:31.327825833922%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 393.49kcal (19.67%), Fat: 9.29g (14.29%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 28.18g (10.25%), Sugar: 4.36g (4.85%), Cholesterol: 90.72mg (30.24%), Sodium: 426.94mg (18.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.77g (81.54%), Vitamin A: 5598.06IU (111.96%), Vitamin B3: 15.61mg (78.04%), Selenium: 48.25µg (68.92%), Vitamin B6: 1.26mg (63.02%), Phosphorus: 449.98mg (45%), Manganese: 0.83mg (41.26%), Potassium: 1428.16mg (40.8%), Fiber: 8.17g (32.69%), Magnesium: 118.9mg (29.72%), Folate: 110.03µg (27.51%), Iron: 4.94mg (27.44%), Vitamin K: 26.78µg (25.5%), Vitamin B5: 2.45mg (24.51%), Copper: 0.41mg (20.63%), Vitamin B1: 0.26mg (17.58%), Zinc: 2.51mg (16.73%), Vitamin B2: 0.25mg (14.76%), Vitamin C: 11.46mg (13.9%), Vitamin E: 2.04mg (13.61%), Calcium: 132.59mg (13.26%), Vitamin B12: 0.28µg (4.72%)