

Recipe Analyzer Results

A single serving of this recipe has 187 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 187

% Daily Value\*

Total Fat 5.6g 7%

Saturated Fat 1.5g 8%

Cholesterol 62mg 21%

Sodium 110mg 5%

Total Carbohydrate 11.5g 4%

Dietary Fiber 3.9g 14%

Total Sugars 4.6g

Protein 23.2g

Vitamin D 33mcg 166%

Calcium 84mg 6%

Iron 2mg 13%

Ingredients:

- 1 1/4 l (5 cups) water
- 1 onion, sliced
- 2 ml (1/2 tsp) whole black peppercorns
- 2 dried bay leaves
- 15 ml (1 tbsp) lemon juice
- 2 boneless skinless chicken breasts (about 285 g)
- 1/4 head cabbage, thinly sliced
- 1 head broccoli, cut into small florets
- 1 carrot, thinly sliced
- 125 ml (1/2 cup) sliced mushrooms

Potassium 558mg

12%

## Nutrition Facts

Servings: 4

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**