



WHATSheATE



5 Ingredient Sautéed Chicken and Broccoli Rabe with Black Olives, Sundried Tomatoes and Feta



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

Ingredients



0.5 cup olives black pitted sliced



4 servings pepper black freshly ground



1 bunch broccoli rabe chopped



0.3 cup feta cheese crumbled



1 cup oil-packed sun-dried tomatoes diced



4 servings salt

- ☐ 1 pound chicken breast halves boneless skinless cut into 2-inch pieces
- ☐ 0.3 cup water

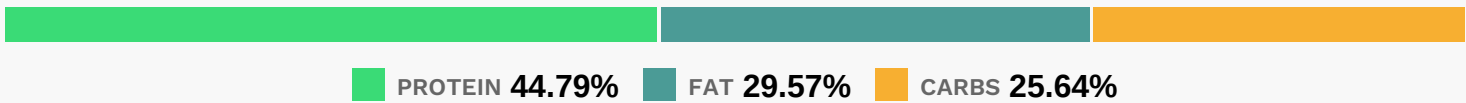
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil from sun-dried tomatoes in a large skillet over medium-high heat.
- ☐ Add chicken and cook 3 to 5 minutes, until golden brown on all sides.
- ☐ Add tomatoes, broccoli rabe, olives, and 1/4 cup water, season with salt and pepper, cover and cook 3 minutes, until broccoli rabe wilts and chicken is cooked through.
- ☐ Remove from heat, transfer to a serving plate and top with feta cheese. Usually served with capellini pasta or rice.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:31.010869352714%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 270.5kcal (13.52%), Fat: 9.3g (14.31%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 12.66g (4.6%), Sugar: 10.65g (11.83%), Cholesterol: 83.7mg (27.9%), Sodium: 779.91mg (33.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.7g (63.4%), Vitamin K: 139.24µg (132.61%), Vitamin B3: 15.17mg (75.85%), Selenium: 40.4µg (57.71%), Vitamin B6: 1.1mg (54.79%), Potassium: 1489.77mg (42.56%), Phosphorus: 420.24mg (42.02%), Manganese: 0.76mg (38.23%), Vitamin A: 1875.42IU (37.51%), Vitamin C: 23.55mg (28.55%), Vitamin B2: 0.43mg (25.15%), Vitamin B5: 2.5mg (24.98%), Magnesium: 99.82mg (24.95%), Iron: 4.3mg (23.91%), Copper: 0.47mg (23.65%), Vitamin B1: 0.33mg (22.15%), Fiber: 5.49g (21.96%), Folate: 74.65µg (18.66%), Calcium: 168.35mg (16.83%), Zinc: 2.01mg (13.4%), Vitamin E: 1.8mg (12%), Vitamin B12: 0.44µg (7.3%), Vitamin D: 0.16µg (1.09%)