



Artichoke and Sun-dried Tomato Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil sliced
- ☐ 0.3 tsp pepper black freshly ground
- ☐ 32 oz boned skinned chicken breast halves
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup chicken stock see reduced-sodium
- ☐ 8 ounces marinated artichoke hearts halved
- ☐ 0.3 cup oil-marinated sun-dried tomatoes sliced
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup freshly and parmesan shredded finely
- ☐ 0.5 tsp salt
- ☐ 2 large shallots minced

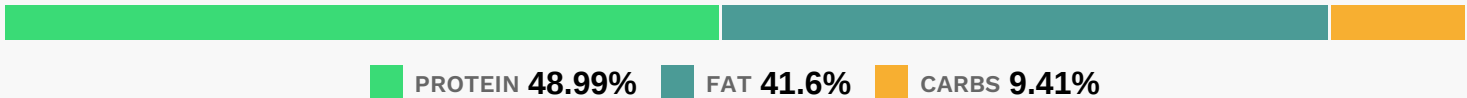
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Heat olive oil in a large, heavy ovenproof frying pan (not nonstick) over high heat until oil is hot but not smoking.
- ☐ Add chicken breasts, top side down, and cook until golden, 2 to 3 minutes. Turn chicken over.
- ☐ Add shallots and garlic to pan with chicken, stirring occasionally so garlic doesn't burn, until shallots are soft and translucent, 3 to 4 minutes.
- ☐ Add chicken stock, artichoke hearts, sun-dried tomatoes, 1/2 tsp. salt, and 1/4 tsp. pepper and cook until mixture begins to boil, about 1 minute.
- ☐ Cover pan and put in oven.
- ☐ Bake 14 to 16 minutes, or until chicken is just cooked through (cut to check).
- ☐ Transfer chicken to a plate.
- ☐ Season artichoke heart-sun-dried tomato-stock mixture with salt and pepper to taste. Divide vegetables among 4 rimmed plates or shallow pasta bowls, top each with a piece of chicken, and spoon sauce over all.
- ☐ Garnish with sliced basil and parmesan.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:1.7, Inflammation Score:-7, Nutrition Score:26.683478490166%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 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: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 442.77kcal (22.14%), Fat: 20.01g (30.78%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 10.19g (3.4%), Net Carbohydrates: 7.71g (2.8%), Sugar: 4.25g (4.72%), Cholesterol: 149.4mg (49.8%), Sodium: 887.66mg (38.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.03g (106.05%), Vitamin B3: 24.75mg (123.77%), Selenium: 74.84µg (106.91%), Vitamin B6: 1.8mg (90.19%), Phosphorus: 564.95mg (56.5%), Vitamin B5: 3.46mg (34.58%), Potassium: 1163.07mg (33.23%), Vitamin C: 19.3mg (23.39%), Magnesium: 79.72mg (19.93%), Vitamin B2: 0.3mg (17.43%), Vitamin A: 824.44IU (16.49%), Vitamin K: 14.3µg (13.62%), Manganese: 0.27mg (13.51%), Vitamin B1: 0.2mg (13.1%), Iron: 2.28mg (12.64%), Calcium: 117.58mg (11.76%), Zinc: 1.74mg (11.63%), Copper: 0.2mg (10.06%), Fiber: 2.48g (9.93%), Vitamin E: 1.47mg (9.82%), Vitamin B12: 0.56µg (9.3%), Folate: 19.54µg (4.89%), Vitamin D: 0.26µg (1.72%)