



 **19%**
HEALTH SCORE

Braised Chicken with Artichoke Hearts & Olives

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup artichoke hearts
- 2 cups chicken broth homemade (even better if you have)
- 2 handfuls basil fresh sliced
- 2 handfuls basil fresh sliced
- 1 juice of lemon
- 0.5 cup kalamata olives pitted
- 2 servings olive oil

- 0.5 onion red
- 2 servings salt and pepper
- 1 pound chicken breast boneless skinless
- 0.5 cup wine

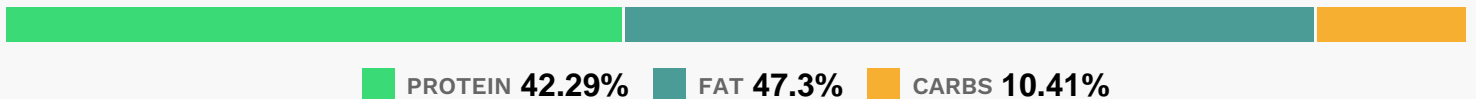
Equipment

- frying pan
- pot

Directions

- Season the chicken with salt and pepper. In a large saut pan, over medium low heat, add a couple drizzles of olive oil.
- Place the chicken skin side down in the pan and cook until golden brown, flip and cook a few minutes on the other side.
- Remove the chicken and place on a dish.If the pan is dry add a small drizzle of olive oil again and the onion. Saut until slightly softened. Carefully add in the white wine and scrap all those delicious bits from the bottom of the pan. Allow the wine to reduce by half.
- Add in the artichoke hearts, olives and broth.
- Add the chicken back to the pot and simmer cover for about 20 minutes.Again remove the chicken from the pan.
- Add in the lemon juice and basil. Simmer for 5 minutes.
- Pour that fabulous sauce otop the chicken and enjoy!

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:26.590869565217%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Taste

Sweetness: 19.3%, Saltiness: 100%, Sourness: 36.24%, Bitterness: 30.03%, Savoriness: 71.16%, Fattiness: 70.37%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 540.29kcal (27.01%), Fat: 25.62g (39.42%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 8.96g (3.26%), Sugar: 4.34g (4.83%), Cholesterol: 149.85mg (49.95%), Sodium: 2348.22mg (102.1%), Alcohol: 6.18g (34.33%), Protein: 51.54g (103.08%), Vitamin B3: 24.4mg (121.98%), Selenium: 74.04µg (105.78%), Vitamin B6: 1.79mg (89.26%), Phosphorus: 509.24mg (50.92%), Vitamin B5: 3.35mg (33.5%), Potassium: 1005.8mg (28.74%), Vitamin E: 3.89mg (25.91%), Vitamin K: 26.3µg (25.05%), Vitamin B2: 0.39mg (22.91%), Magnesium: 77.24mg (19.31%), Fiber: 3.73g (14.91%), Vitamin B1: 0.22mg (14.81%), Manganese: 0.3mg (14.8%), Vitamin C: 11.28mg (13.67%), Zinc: 1.65mg (11.02%), Iron: 1.61mg (8.93%), Copper: 0.17mg (8.4%), Vitamin A: 417.83IU (8.36%), Vitamin B12: 0.5µg (8.34%), Calcium: 58.25mg (5.83%), Folate: 21.63µg (5.41%), Vitamin D: 0.23µg (1.51%)