



Braised chicken with olives and tomatoes



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



902 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sprig rosemary chopped
- ☐ 1 large onion sliced
- ☐ 2 garlic cloves sliced
- ☐ 500 g baby potatoes quartered
- ☐ 4 servings olive oil
- ☐ 8 chicken pieces
- ☐ 500 g cherry tomatoes
- ☐ 300 ml cooking wine dry white

- ☐ 300 ml chicken stock see fresh
- ☐ 150 g kalamata olive drained
- ☐ 1 small bunch basil

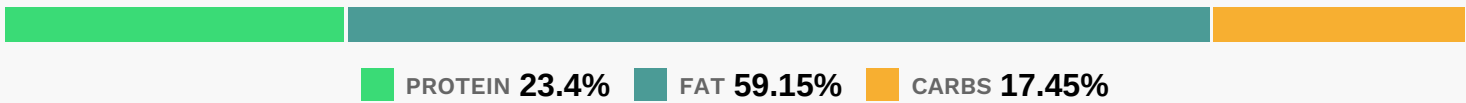
Equipment

- ☐ oven

Directions

- ☐ Heat the oven to 220C/fan 200C/gas
- ☐ Toss the first 4 ingredients in a roasting tray in 2 tbsp oil and cook for 25 minutes. Meanwhile, fry the chicken in 2 tbsp oil until browned and almost cooked through.
- ☐ Add to the tin for the last 10 minutes of cooking along with the tomatoes, wine, stock and olives.
- ☐ Scatter with basil and serve.

Nutrition Facts



Properties

Glycemic Index:73.94, Glycemic Load:17.21, Inflammation Score:-9, Nutrition Score:31.982608670774%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg, Quercetin: 9.42mg

Nutrients (% of daily need)

Calories: 901.52kcal (45.08%), Fat: 55.78g (85.82%), Saturated Fat: 12.97g (81.08%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 31.45g (11.44%), Sugar: 7.83g (8.7%), Cholesterol: 175.68mg (58.56%), Sodium: 882.82mg (38.38%), Alcohol: 7.84g (100%), Alcohol %: 1.37% (100%), Protein: 49.64g (99.29%), Vitamin B3: 19.15mg

(95.76%), Vitamin C: 60.59mg (73.45%), Vitamin B6: 1.44mg (72%), Selenium: 36.79µg (52.55%), Phosphorus: 496.16mg (49.62%), Potassium: 1452.42mg (41.5%), Vitamin E: 4.9mg (32.66%), Manganese: 0.55mg (27.62%), Vitamin B5: 2.74mg (27.37%), Magnesium: 106.48mg (26.62%), Iron: 4.71mg (26.16%), Vitamin K: 27.23µg (25.93%), Zinc: 3.88mg (25.85%), Vitamin B2: 0.44mg (25.71%), Vitamin A: 1194.25IU (23.89%), Vitamin B1: 0.34mg (22.87%), Copper: 0.46mg (22.79%), Fiber: 5.57g (22.3%), Folate: 64.42µg (16.1%), Vitamin B12: 0.72µg (11.95%), Calcium: 98.15mg (9.82%), Vitamin D: 0.46µg (3.08%)