



## Chicken-and-Artichoke Olé



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14 ounce artichoke hearts rinsed drained quartered canned
- ☐ 2.3 ounce olives black ripe drained sliced canned
- ☐ 1 tablespoon canola oil
- ☐ 4 skinned and boned chicken breasts
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper

- ☐ 0.8 cup salsa homemade
- ☐ 0.5 teaspoon salt

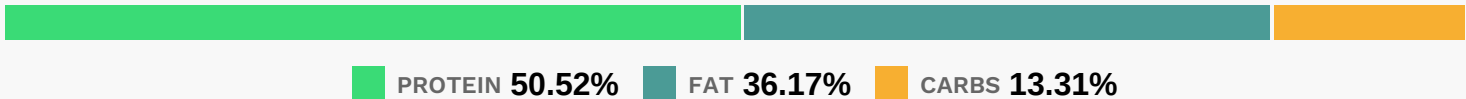
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Brown chicken in hot oil in a large skillet over medium-high heat.
- ☐ Remove from skillet, and place chicken in an 11- x 7-inch baking dish. Top with artichoke hearts.
- ☐ Stir together soup, Homemade Salsa, cumin, and, if desired, ground chipotle seasoning and bell pepper.
- ☐ Pour sauce over chicken mixture; sprinkle with sliced olives.
- ☐ Bake at 350 for 30 minutes.
- ☐ Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:2.39, Inflammation Score:-6, Nutrition Score:24.879565073096%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 420.04kcal (21%), Fat: 16.41g (25.24%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 10.52g (3.82%), Sugar: 3.14g (3.49%), Cholesterol: 150.74mg (50.25%), Sodium: 2023.97mg (88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.56g (103.12%), Vitamin B3: 24.49mg (122.46%), Selenium:

74.4µg (106.28%), Vitamin B6: 1.79mg (89.39%), Phosphorus: 517.83mg (51.78%), Vitamin B5: 3.48mg (34.78%), Potassium: 1023.54mg (29.24%), Magnesium: 73.4mg (18.35%), Vitamin E: 2.7mg (18%), Vitamin B2: 0.28mg (16.56%), Iron: 2.3mg (12.79%), Fiber: 3.08g (12.3%), Vitamin B1: 0.18mg (11.94%), Vitamin A: 578.33IU (11.57%), Vitamin K: 11.88µg (11.31%), Zinc: 1.67mg (11.12%), Copper: 0.22mg (10.98%), Manganese: 0.19mg (9.72%), Vitamin B12: 0.45µg (7.53%), Calcium: 50.52mg (5.05%), Vitamin C: 4.02mg (4.88%), Folate: 13.7µg (3.43%), Vitamin D: 0.23µg (1.51%)