



Chicken Balsamico

READY IN



30 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 10.8 ounces cream of chicken soup fat free 98% canned (Regular or)
- ☐ 4 servings orzo pasta hot cooked
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 clove garlic minced
- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried crushed
- ☐ 1 cup sun-dried olives diced thinly sliced

- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 0.8 cup water

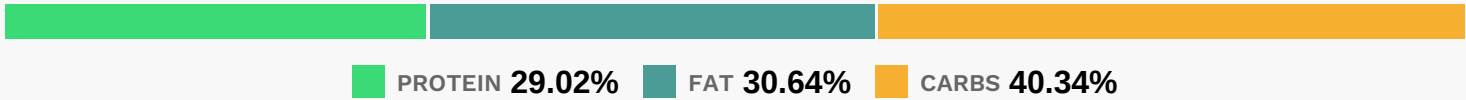
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a 10-inch skillet over medium-high heat.
- ☐ Add the chicken and cook for 10 minutes or until well browned on both sides.
- ☐ Remove the chicken from the skillet.
- ☐ Stir the garlic, vinegar and water in the skillet. Cook and stir for 1 minute. Stir in the soup, tomatoes, olives, if desired, and oregano and heat to a boil. Return the chicken to the skillet. Reduce the heat to low. Cook for 5 minutes or until the chicken is cooked through.
- ☐ Sprinkle with the cheese.
- ☐ Serve the chicken and sauce with the orzo.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:19.11, Inflammation Score:-7, Nutrition Score:27.108695268631%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 495.69kcal (24.78%), Fat: 17.05g (26.23%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 44.92g (16.33%), Sugar: 13.13g (14.59%), Cholesterol: 87.01mg (29%), Sodium: 1072.03mg (46.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.33g (72.66%), Selenium: 63.36µg (90.52%), Vitamin B3: 15.1mg (75.52%), Vitamin B6: 1.04mg (51.96%), Manganese: 0.89mg (44.68%), Phosphorus: 445.02mg (44.5%), Potassium: 1470.09mg (42%), Copper: 0.64mg (32.05%), Iron: 5.17mg (28.72%), Magnesium: 107.56mg (26.89%), Vitamin B5: 2.53mg (25.33%), Vitamin B2: 0.38mg (22.49%), Fiber: 5.59g (22.37%), Vitamin K: 19.25µg (18.34%), Vitamin B1: 0.26mg (17.64%), Vitamin C: 12.46mg (15.1%), Zinc: 2.17mg (14.44%), Vitamin E: 1.89mg

(12.6%), Calcium: 117.49mg (11.75%), Vitamin A: 523.24IU (10.46%), Folate: 34.83µg (8.71%), Vitamin B12: 0.39µg (6.42%), Vitamin D: 0.15µg (1.01%)