



Chicken Balsamico

READY IN



30 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 10.8 ounce 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 plum tomatoes diced

- 16 ounce chicken breast halves boneless skinless
- 0.8 cup water

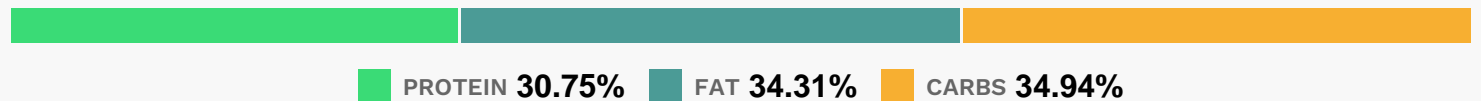
Equipment

- 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:60.38, Glycemic Load:16.12, Inflammation Score:-7, Nutrition Score:20.456521645836%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 435.38kcal (21.77%), Fat: 16.35g (25.16%), Saturated Fat: 4.18g (26.12%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 34.54g (12.56%), Sugar: 4.35g (4.83%), Cholesterol: 87.01mg (29%), Sodium: 1045.56mg (45.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.94%), Selenium: 61.85µg (88.36%), Vitamin B3: 12.97mg (64.84%), Vitamin B6: 1mg (49.76%), Phosphorus: 361.32mg (36.13%), Manganese: 0.45mg (22.67%), Vitamin B5: 2.01mg (20.11%), Potassium: 667.02mg (19.06%), Iron: 2.83mg (15.72%), Vitamin A: 775.58IU

(15.51%), Vitamin B2: 0.26mg (15.24%), Magnesium: 60.72mg (15.18%), Vitamin E: 2.21mg (14.72%), Copper: 0.29mg (14.27%), Vitamin C: 9.78mg (11.85%), Fiber: 2.92g (11.67%), Vitamin K: 12.1µg (11.53%), Zinc: 1.72mg (11.46%), Vitamin B1: 0.14mg (9.42%), Calcium: 93.15mg (9.32%), Vitamin B12: 0.39µg (6.42%), Folate: 25µg (6.25%), Vitamin D: 0.15µg (1.01%)