



Chicken Braised with Tomatoes and Olives

 Dairy Free

READY IN



57 min.

SERVINGS



4

CALORIES



239 kcal

SIDE DISH

Ingredients

- 2 teaspoons balsamic vinegar
- 0.5 teaspoon pepper black divided freshly ground
- 14.5 ounce canned tomatoes diced undrained canned
- 0.7 cup couscous uncooked
- 2 cups less-sodium chicken broth fat-free divided
- 0.3 cup flat-leaf parsley fresh chopped
- 2 garlic cloves minced
- 0.3 cup kalamata olives pitted halved

- 1 teaspoon olive oil
- 2.5 cups onion thinly sliced (1 large)
- 0.3 teaspoon salt
- 3 ounce chicken thighs boneless skinless

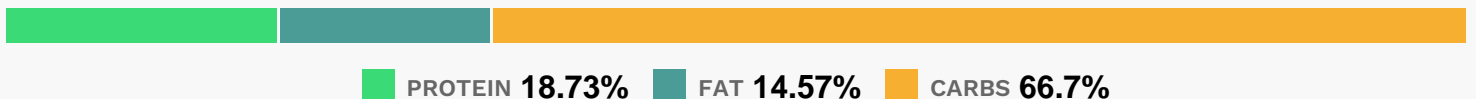
Equipment

- frying pan
- sauce pan

Directions

- Sprinkle 1/4 teaspoon pepper and salt evenly over chicken.
- Heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- Add chicken; cook 5 minutes on each side or until browned.
- Remove chicken from pan; keep warm.
- Add onion to pan; saut 5 minutes or until tender.
- Add garlic; saut 1 minute.
- Add 1/2 cup broth and next 3 ingredients. Return chicken to pan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until chicken is done. Stir in remaining 1/4 teaspoon pepper and parsley.
- Meanwhile, bring remaining 1 1/2 cups chicken broth to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Serve chicken and sauce over couscous.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:18.16, Inflammation Score:-8, Nutrition Score:16.305217411207%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg

Nutrients (% of daily need)

Calories: 238.63kcal (11.93%), Fat: 3.98g (6.12%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 40.96g (13.65%), Net Carbohydrates: 35.37g (12.86%), Sugar: 9.4g (10.44%), Cholesterol: 20.2mg (6.73%), Sodium: 905.64mg (39.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Vitamin K: 69.12µg (65.83%), Manganese: 0.62mg (31.22%), Vitamin C: 22.31mg (27.04%), Fiber: 5.59g (22.36%), Vitamin B6: 0.44mg (22.08%), Vitamin B3: 4.28mg (21.41%), Copper: 0.36mg (17.8%), Potassium: 617.61mg (17.65%), Phosphorus: 168.82mg (16.88%), Iron: 2.53mg (14.08%), Vitamin B1: 0.21mg (13.69%), Magnesium: 53.17mg (13.29%), Selenium: 8.72µg (12.46%), Vitamin E: 1.84mg (12.27%), Vitamin B5: 1.19mg (11.88%), Vitamin A: 578.61IU (11.57%), Folate: 46.15µg (11.54%), Vitamin B2: 0.17mg (10.04%), Calcium: 85.47mg (8.55%), Zinc: 1.1mg (7.33%), Vitamin B12: 0.36µg (6.05%)