



Chicken Breasts Provençal

READY IN



50 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fillet anchovy mashed
- ☐ 1 tablespoon basil shredded finely
- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 cup chicken broth reduced-sodium
- ☐ 10 oil-cured olives black pitted thinly sliced lengthwise
- ☐ 1 pound plum tomatoes ripe
- ☐ 24 ounce chicken breast boneless skinless for another use

- ☐ 2 tablespoons butter unsalted softened
- ☐ 2 tablespoons vegetable oil

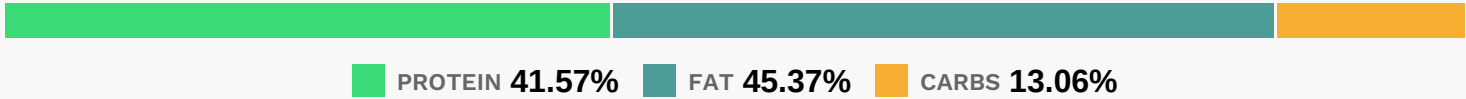
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Core tomatoes and cut a shallow X in bottom of each, then blanch in a medium pot of boiling water 10 seconds.
- ☐ Transfer with a slotted spoon to an ice bath to stop cooking. Peel, seed, and finely chop.
- ☐ Pat chicken dry and sprinkle with 1/2 teaspoon each of salt and pepper, then dredge in flour, shaking off excess.
- ☐ Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then cook chicken, turning once, until golden and just cooked through, 6 to 8 minutes total.
- ☐ Transfer to a platter and keep warm, covered.
- ☐ Add garlic and anchovy paste to skillet and cook over medium heat, stirring, until fragrant, about 30 seconds.
- ☐ Add wine and bring to a boil, scraping up brown bits. Stir in tomatoes, stock, and olives and simmer, uncovered, stirring occasionally, until mixture has thickened into a sauce, 8 to 10 minutes.
- ☐ Whisk in butter and any juices from platter.
- ☐ Add chicken and simmer until just heated through, about 1 minute.
- ☐ Serve sprinkled with basil.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:5.66, Inflammation Score:-8, Nutrition Score:23.688260881797%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 401.78kcal (20.09%), Fat: 19.04g (29.29%), Saturated Fat: 5.94g (37.11%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 10.41g (3.78%), Sugar: 3.42g (3.8%), Cholesterol: 124.51mg (41.5%), Sodium: 375.87mg (16.34%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 39.25g (78.5%), Vitamin B3: 19.69mg (98.46%), Selenium: 57.74µg (82.49%), Vitamin B6: 1.4mg (70.12%), Phosphorus: 416.78mg (41.68%), Potassium: 980.02mg (28%), Vitamin B5: 2.59mg (25.94%), Vitamin A: 1236.81IU (24.74%), Vitamin K: 24.67µg (23.49%), Vitamin C: 17.9mg (21.7%), Magnesium: 64.02mg (16%), Vitamin B2: 0.25mg (14.99%), Vitamin B1: 0.22mg (14.55%), Vitamin E: 2.05mg (13.67%), Manganese: 0.26mg (13.12%), Folate: 39.37µg (9.84%), Zinc: 1.35mg (9.03%), Iron: 1.58mg (8.8%), Copper: 0.17mg (8.36%), Fiber: 1.93g (7.7%), Vitamin B12: 0.4µg (6.71%), Calcium: 36.08mg (3.61%), Vitamin D: 0.28µg (1.83%)