



Chicken Breasts with Artichoke-Olive Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 box artichoke hearts frozen dry thawed
- ☐ 0.5 cup coarsely feta cheese crumbled
- ☐ 3 garlic cloves minced
- ☐ 8 kalamata olives pitted halved
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 tablespoon oregano chopped

- ☐ 2 tablespoons parsley chopped
- ☐ 20 servings salt and pepper freshly ground
- ☐ 4 chicken breast halves boneless skinless

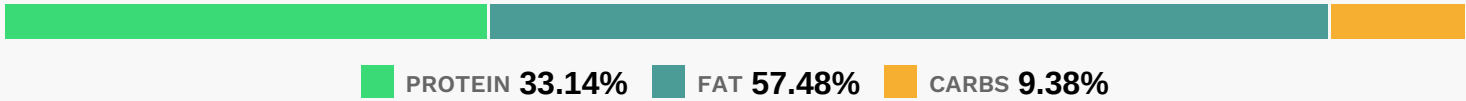
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 40
- ☐ In a bowl, whisk 1/4 cup of the oil, lemon juice, zest, garlic and oregano. Fold in the artichokes, olives and feta; season the sauce with salt and pepper.
- ☐ Season the chicken with salt and pepper. In an ovenproof skillet, heat the remaining 1 tablespoon of oil.
- ☐ Add the chicken, skinned side down, and cook over moderately high heat until browned, 3 minutes; turn and transfer the skillet to the oven. Roast the chicken for 10 minutes, until white throughout.
- ☐ Transfer the chicken to plates and spoon the sauce on top.
- ☐ Garnish with the parsley and serve.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:4.1230434853098%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.02mg

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 68.25kcal (3.41%), Fat: 4.41g (6.78%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.09g (0.1%), Cholesterol: 17.8mg (5.93%), Sodium: 293.48mg (12.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin B3: 2.52mg (12.59%), Selenium: 7.91µg (11.3%), Vitamin B6: 0.2mg (10.24%), Vitamin K: 9.88µg (9.41%), Phosphorus: 68.21mg (6.82%), Folate: 18.08µg (4.52%), Vitamin B2: 0.07mg (4.29%), Vitamin B5: 0.39mg (3.9%), Vitamin E: 0.55mg (3.68%), Potassium: 124.52mg (3.56%), Vitamin C: 2.68mg (3.24%), Calcium: 28.51mg (2.85%), Magnesium: 10.97mg (2.74%), Manganese: 0.05mg (2.67%), Fiber: 0.65g (2.6%), Vitamin B1: 0.03mg (1.97%), Zinc: 0.29mg (1.96%), Vitamin B12: 0.11µg (1.81%), Iron: 0.32mg (1.76%), Vitamin A: 84.52IU (1.69%)