



Chicken Mediterranean

READY IN



45 min.

SERVINGS



2

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 pound skinned and boned chicken breast halves cut into cubes
- ☐ 4 ounces penne pasta cooked
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon parsley flakes dried
- ☐ 0.3 cup feta cheese crumbled
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 tablespoons olive oil

☐ 0.5 teaspoon oregano dried

Equipment

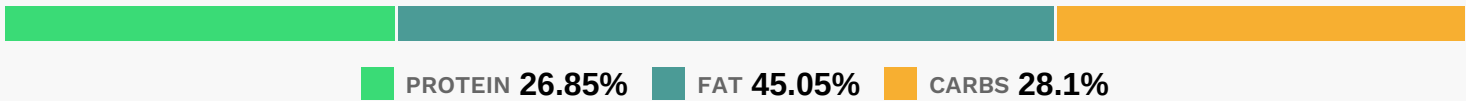
☐ frying pan

☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a heavy-duty zip-top plastic bag. Seal and chill 2 hours.
- ☐ Cook chicken mixture in a large skillet over medium-high heat 8 minutes or until chicken is done; remove from skillet.
- ☐ Add tomatoes and next 4 ingredients to skillet. Reduce heat, and simmer, stirring often, 7 minutes.
- ☐ Return chicken to skillet.
- ☐ Sprinkle with feta cheese, and remove from heat. Cover and let stand 5 minutes.
- ☐ Serve immediately over hot cooked pasta.
- ☐ NOTE: To serve 4, use 1 (14-1/2 ounce) can diced tomatoes, and double all other ingredients. Cook chicken mixture 8 to 10 minutes or until done; remove from skillet.
- ☐ Add tomatoes and next 4 ingredients to skillet. Reduce heat, and simmer, stirring often, 7 to 8 minutes. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:74.25, Glycemic Load:13.03, Inflammation Score:-8, Nutrition Score:29.336956392164%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 510.03kcal (25.5%), Fat: 26.06g (40.09%), Saturated Fat: 6.44g (40.27%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 30.64g (11.14%), Sugar: 9.54g (10.6%), Cholesterol: 94.82mg (31.61%), Sodium: 953.39mg (41.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.9%), Selenium: 57.28µg (81.82%), Vitamin B3: 14.93mg (74.67%), Vitamin B6: 1.38mg (68.99%), Phosphorus: 432.43mg (43.24%), Vitamin E: 5.65mg (37.65%), Manganese: 0.73mg (36.75%), Potassium: 1107.07mg (31.63%), Vitamin C: 22.19mg (26.89%), Vitamin B2: 0.46mg (26.86%), Vitamin K: 28.07µg (26.73%), Copper: 0.52mg (25.91%), Iron: 4.66mg (25.87%), Vitamin B5: 2.54mg (25.39%), Fiber: 5.92g (23.69%), Calcium: 236.42mg (23.64%), Magnesium: 92.13mg (23.03%), Vitamin B1: 0.29mg (19.55%), Zinc: 2.33mg (15.54%), Vitamin A: 659.13IU (13.18%), Folate: 45.92µg (11.48%), Vitamin B12: 0.65µg (10.82%), Vitamin D: 0.21µg (1.42%)