



Chicken Provençal

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz canned tomatoes diced drained canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 4 servings salt
- ☐ 4 chicken breast halves boneless skinless trimmed
- ☐ 2 tablespoons vegetable oil

☐ 0.5 cup white wine

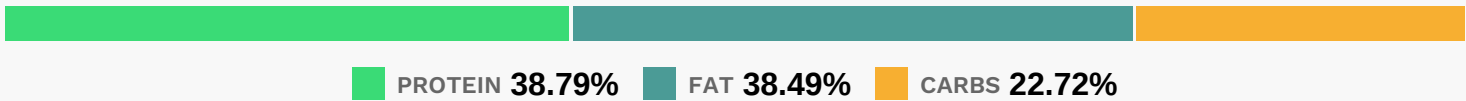
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Sprinkle chicken all over with salt.
- ☐ Place flour in a shallow bowl. Dredge chicken in flour on both sides, shaking off excess.
- ☐ Warm oil in a large nonstick skillet over medium-high heat until hot. Saut chicken until golden and cooked through, turning once, 5 to 7 minutes total.
- ☐ Remove chicken to a plate; tent with foil to keep warm.
- ☐ Add garlic to skillet and cook, stirring, until fragrant, about 30 seconds. Stir in wine and tomatoes, scraping up any browned bits from bottom of skillet with a wooden spoon. Bring to a boil and cook to blend flavors, stirring often, 2 to 3 minutes. Stir in olives.
- ☐ Place chicken on plates; spoon sauce on top.
- ☐ Sprinkle with parsley and serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:6.83, Inflammation Score:-6, Nutrition Score:19.356086979742%

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: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 296.01kcal (14.8%), Fat: 11.84g (18.22%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 13.05g (4.75%), Sugar: 5.08g (5.64%), Cholesterol: 72.32mg (24.11%), Sodium: 643.3mg (27.97%), Alcohol: 3.09g (100%), Alcohol %: 1.4% (100%), Protein: 26.85g (53.7%), Vitamin B3: 13.63mg (68.17%), Selenium: 39.9µg (57%), Vitamin B6: 1.06mg (52.83%), Vitamin K: 35.1µg (33.43%), Phosphorus: 289.63mg (28.96%), Potassium: 778.58mg (22.25%), Vitamin B5: 1.97mg (19.74%), Manganese: 0.34mg (16.98%), Vitamin E: 2.54mg (16.95%), Vitamin C: 13.17mg (15.96%), Vitamin B1: 0.22mg (14.84%), Magnesium: 57.67mg (14.42%), Iron: 2.4mg (13.34%), Copper: 0.26mg (12.97%), Vitamin B2: 0.22mg (12.68%), Fiber: 2.68g (10.73%), Folate: 34.86µg (8.72%), Vitamin A: 391.12IU (7.82%), Zinc: 1.07mg (7.17%), Calcium: 57.09mg (5.71%), Vitamin B12: 0.23µg (3.77%)