

Chicken Puttanesca

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pt cherry tomatoes halved
- ☐ 4 ounces mozzarella cheese fresh sliced
- ☐ 1 tablespoon garlic minced
- ☐ 0.7 cup kalamata olives pitted
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon oregano leaves fresh
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 teaspoon chile flakes red
- ☐ 1.5 lbs boned

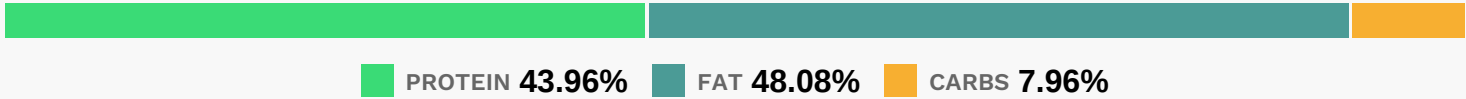
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450 with a rack set 5 in. from the heat source.
- ☐ Heat oil in a large ovenproof frying pan over high heat.
- ☐ Sprinkle chicken with salt and pepper. Brown chicken in hot oil on one side, about 4 minutes. Turn chicken over and add chile flakes, garlic, tomatoes, oregano, and olives.
- ☐ Transfer pan to oven and cook until chicken is cooked through, about 20 minutes.
- ☐ Lay cheese over chicken and bake just until melted and browned, 2 minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.4, Inflammation Score:-9, Nutrition Score:25.919999687568%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 402.03kcal (20.1%), Fat: 21.4g (32.93%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 5.72g (2.08%), Sugar: 3.44g (3.82%), Cholesterol: 131.26mg (43.75%), Sodium: 1032.65mg (44.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.03g (88.07%), Vitamin B3: 18.54mg (92.71%), Selenium: 60.42µg (86.32%), Vitamin B6: 1.43mg (71.31%), Phosphorus: 497.26mg (49.73%), Vitamin C: 29.67mg (35.96%), Potassium: 947.9mg (27.08%), Vitamin B5: 2.65mg (26.5%), Vitamin E: 3.18mg (21.23%), Calcium: 201.73mg (20.17%), Vitamin A: 969.43IU (19.39%), Vitamin B2: 0.29mg (16.96%), Magnesium: 67.51mg (16.88%), Vitamin B12:

0.99µg (16.44%), Vitamin K: 17.18µg (16.36%), Manganese: 0.29mg (14.44%), Zinc: 2.05mg (13.7%), Iron: 2.25mg (12.5%), Vitamin B1: 0.17mg (11.43%), Copper: 0.18mg (9.17%), Fiber: 2.25g (9%), Folate: 27.94µg (6.99%), Vitamin D: 0.28µg (1.89%)