



Chicken Thighs with Black Olives and Red Peppers

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 4 ounce chicken thighs bone-in
- ☐ 1 tablespoon butter
- ☐ 2 cups orzo pasta hot cooked uncooked
- ☐ 1 teaspoon rubbed sage dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon hungarian paprika sweet
- ☐ 0.8 cup kalamata olives pitted chopped

- ☐ 2.5 cups leeks coarsely chopped 3 large
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 7 ounce roasted bell peppers red
- ☐ 0.8 teaspoon salt divided

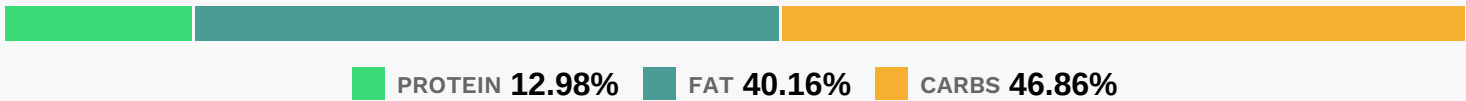
Equipment

- ☐ frying pan

Directions

- ☐ Remove 1 roasted pepper from bottle; thinly slice pepper. Reserve remaining roasted peppers for another use.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add leeks to pan; saut 5 minutes or until tender. Arrange roasted red pepper strips over leeks. Arrange chicken over roasted pepper strips.
- ☐ Sprinkle chicken with thyme, sage, 1/4 teaspoon salt, and paprika. Gently pour the broth around chicken; bring to a boil. Reduce heat, and simmer, covered, 15 minutes. Turn chicken over; cover and simmer 10 minutes.
- ☐ Add olives and lemon juice to pan; stir to combine. Cook, uncovered, 8 minutes or until chicken is done.
- ☐ Toss orzo with 1/2 teaspoon salt and 1 tablespoon butter.
- ☐ Serve chicken and leek mixture over hot cooked orzo.
- ☐ Perfect wine: Chateau St. Jean Fum Blanc 2002 (Sonoma County, CA), \$ This medium-bodied sauvignon blanc (fum blanc is another name for sauvignon blanc) has wonderful herbal flavors, plus a hint of vanilla and a long, vibrant finish. These provide an extravagant backdrop for the meaty, herbal flavors of the chicken. Though the dish is rather bold, the wine has enough weight, character, flavor, and crispness to stand up to it.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:15.48, Inflammation Score:-10, Nutrition Score:16.005652123171%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 342.57kcal (17.13%), Fat: 15.58g (23.97%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 36.42g (13.24%), Sugar: 3.13g (3.48%), Cholesterol: 31.14mg (10.38%), Sodium: 1795.79mg (78.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.65%), Selenium: 31.43µg (44.9%), Vitamin C: 35.46mg (42.98%), Manganese: 0.69mg (34.75%), Vitamin A: 1599.19IU (31.98%), Vitamin K: 29.99µg (28.56%), Iron: 3.52mg (19.57%), Vitamin B6: 0.38mg (18.89%), Fiber: 4.48g (17.92%), Vitamin E: 2.25mg (15.03%), Copper: 0.29mg (14.57%), Folate: 54.72µg (13.68%), Phosphorus: 133.05mg (13.31%), Magnesium: 49.68mg (12.42%), Vitamin B3: 2.43mg (12.16%), Potassium: 316.07mg (9.03%), Calcium: 86.73mg (8.67%), Zinc: 1.01mg (6.72%), Vitamin B2: 0.11mg (6.44%), Vitamin B1: 0.1mg (6.36%), Vitamin B5: 0.55mg (5.47%), Vitamin B12: 0.27µg (4.56%)