



## Chicken Thighs with Tomatoes and Capers



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 29 ounce tomatoes diced with peppers, undrained canned
- ☐ 1 tablespoon capers
- ☐ 2 tablespoons basil fresh chopped
- ☐ 16 ounce chicken thighs boneless skinless trimmed

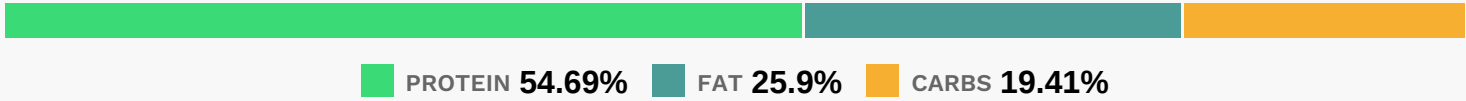
### Equipment

- ☐ frying pan

# Directions

- ☐ Coat chicken with cooking spray; sprinkle with basil.
- ☐ Place a large nonstick skillet over medium-high heat; add chicken, and cook 2 to 3 minutes on each side or until browned.
- ☐ Add tomatoes to pan. Bring to a boil; cover, reduce heat, and simmer 15 minutes, turning chicken occasionally. Increase heat to high; bring to a boil. Cook, uncovered, 2 minutes or until chicken is done and tomato mixture is slightly thick, stirring frequently.
- ☐ Add capers.
- ☐ Sprinkle with fresh basil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:15.453478315602%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 170.57kcal (8.53%), Fat: 4.95g (7.62%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 6.21g (2.26%), Sugar: 4.9g (5.45%), Cholesterol: 107.73mg (35.91%), Sodium: 450.26mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.04%), Vitamin B3: 7.82mg (39.09%), Selenium: 25.86µg (36.94%), Vitamin B6: 0.73mg (36.74%), Phosphorus: 251.87mg (25.19%), Vitamin C: 19.38mg (23.49%), Potassium: 667.98mg (19.09%), Vitamin B2: 0.32mg (18.66%), Iron: 2.97mg (16.48%), Vitamin B5: 1.61mg (16.06%), Zinc: 2.03mg (13.51%), Vitamin K: 13.89µg (13.23%), Vitamin B1: 0.2mg (13.02%), Magnesium: 49.99mg (12.5%), Vitamin B12: 0.73µg (12.1%), Vitamin E: 1.63mg (10.85%), Copper: 0.22mg (10.83%), Manganese: 0.19mg (9.47%), Fiber: 2.14g (8.54%), Calcium: 76.49mg (7.65%), Vitamin A: 323.2IU (6.46%), Folate: 22.12µg (5.53%)