



Chicken Thighs with Tomatoes and Olives



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced with basil, garlic, and oregano, un-drained canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 0.3 cup merlot dry red
- ☐ 1.5 teaspoons olive oil
- ☐ 0.8 cup onion chopped

- ☐ 0.1 teaspoon salt
- ☐ 3 ounce chicken thighs boneless skinless

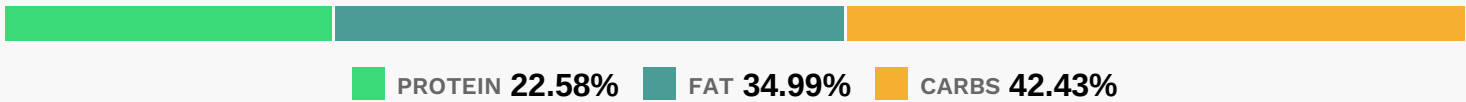
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken evenly with 1/8 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 to 4 minutes on each side or until browned.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add garlic and onion to pan, and saut 2 minutes. Stir in tomatoes and wine; bring to a simmer. Return chicken to pan, and bring to a boil. Cover, reduce heat, and simmer 12 minutes or until chicken is done.
- ☐ Remove chicken from pan, and keep warm. Continue to simmer tomato mixture, uncovered, 5 minutes. Stir in olives, basil, and 1/4 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:8.7186956820281%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 120.37kcal (6.02%), Fat: 4.44g (6.83%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 9.17g (3.34%), Sugar: 5.88g (6.54%), Cholesterol: 20.2mg (6.73%), Sodium: 404.44mg (17.58%), Alcohol: 2.1g (100%), Alcohol %: 1.39% (100%), Protein: 6.44g (12.89%), Vitamin B6: 0.32mg (15.94%), Vitamin C: 12.65mg (15.33%), Manganese: 0.3mg (15.06%), Vitamin E: 1.99mg (13.26%), Vitamin K: 13.71µg (13.06%), Vitamin B3: 2.54mg (12.68%), Copper: 0.24mg (11.97%), Potassium: 416.86mg (11.91%), Fiber: 2.94g (11.75%), Iron: 1.73mg (9.62%), Phosphorus: 86.28mg (8.63%), Selenium: 6µg (8.58%), Magnesium: 31.42mg (7.85%), Vitamin B1: 0.12mg (7.83%), Vitamin A: 350.88IU (7.02%), Vitamin B2: 0.1mg (6.11%), Vitamin B5: 0.6mg (5.99%), Calcium: 56.95mg (5.69%), Folate: 21.36µg (5.34%), Zinc: 0.7mg (4.64%), Vitamin B12: 0.14µg (2.27%)