



Chicken Thighs with Tomatoes, Olives, and Capers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon bottled garlic minced
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 teaspoons capers
- ☐ 1 cup parsley fresh chopped
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 0.5 teaspoon salt

- ☐ 8 chicken thighs boneless skinless
- ☐ 1 teaspoon vegetable oil

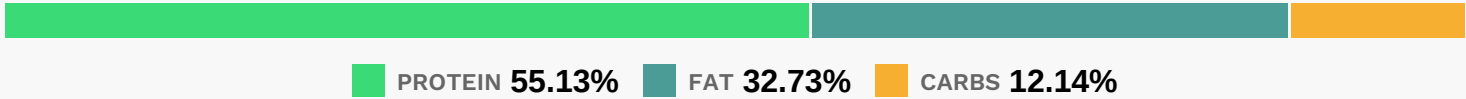
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add garlic to pan; saut 30 seconds.
- ☐ Add remaining ingredients; scrape pan to loosen browned bits. Return chicken and accumulated juice to pan; reduce heat, and simmer 5 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:2.61, Inflammation Score:-9, Nutrition Score:30.611739407415%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 335.54kcal (16.78%), Fat: 12.14g (18.68%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 7.27g (2.64%), Sugar: 4.74g (5.26%), Cholesterol: 214.7mg (71.57%), Sodium: 795.85mg (34.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.02g (92.04%), Vitamin K: 260.7µg (248.29%), Selenium: 52.33µg (74.76%), Vitamin B3: 14.13mg (70.64%), Vitamin B6: 1.22mg (61.15%), Phosphorus: 470.58mg (47.06%), Vitamin C: 30.62mg (37.11%), Vitamin A: 1574.35IU (31.49%), Vitamin B5: 3.08mg (30.84%), Vitamin B2: 0.47mg (27.91%), Potassium: 958.61mg (27.39%), Zinc: 3.93mg (26.17%), Vitamin B12: 1.45µg (24.11%), Iron: 4.21mg (23.39%),

Magnesium: 82.45mg (20.61%), Vitamin B1: 0.3mg (20.2%), Copper: 0.36mg (18.2%), Manganese: 0.33mg (16.42%),
Vitamin E: 2.23mg (14.87%), Fiber: 2.87g (11.47%), Folate: 45.82µg (11.45%), Calcium: 88.29mg (8.83%)