



Chicken with Artichokes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts halved drained canned
- ☐ 2 tablespoons butter divided
- ☐ 1 teaspoon chicken soup base
- ☐ 6 chicken breast halves
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon rosemary dried
- ☐ 2 spring onion chopped
- ☐ 1 teaspoon paprika

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cooking sherry
- ☐ 0.7 cup water

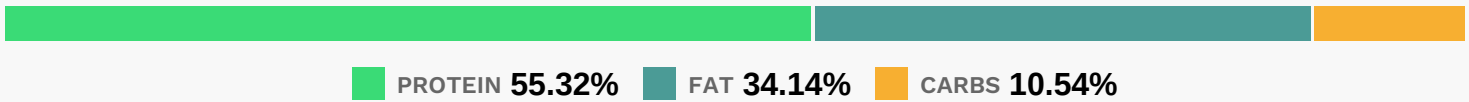
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle chicken with paprika, salt, and pepper.
- ☐ Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat; add chicken, and cook 5 minutes on each side or until lightly browned.
- ☐ Remove chicken, and set aside.
- ☐ Melt remaining butter in same skillet over medium heat.
- ☐ Add artichoke hearts and green onions; saut 1 minute.
- ☐ Stir together 2/3 cup water and next 4 ingredients; add to artichoke mixture. Return chicken to skillet. Bring to a boil, and cook, stirring constantly, 1 minute.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:12.072173885677%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 194.48kcal (9.72%), Fat: 6.79g (10.44%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.79g (0.88%), Cholesterol: 72.36mg (24.12%), Sodium: 695.54mg (30.24%), Alcohol: 1.03g (100%), Alcohol %: 0.58% (100%), Protein: 24.75g (49.49%), Vitamin B3: 11.86mg (59.31%), Selenium: 36.35µg (51.94%), Vitamin B6: 0.86mg (43.12%), Phosphorus: 243.7mg (24.37%), Vitamin B5: 1.63mg (16.34%), Potassium: 449.2mg (12.83%), Vitamin K: 9.09µg (8.65%), Magnesium: 32.71mg (8.18%), Vitamin A: 406.07IU (8.12%), Vitamin B2: 0.13mg (7.37%), Fiber: 1.3g (5.19%), Vitamin B1: 0.08mg (5.14%), Zinc: 0.7mg (4.69%), Vitamin B12: 0.23µg (3.86%), Iron: 0.6mg (3.36%), Vitamin E: 0.48mg (3.21%), Manganese: 0.06mg (3.17%), Vitamin C: 2.13mg (2.58%), Copper: 0.04mg (2.19%), Folate: 7.55µg (1.89%), Calcium: 14mg (1.4%)