



Chicken with Artichokes and Goat Cheese

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups chicken stock see
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 9 ounce artichoke hearts frozen thawed
- ☐ 3 ounces goat cheese soft sliced into 4 pieces
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pearl onions fresh peeled

- ☐ 0.3 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

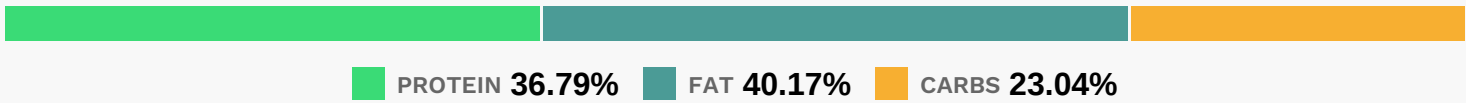
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat olive oil in a skillet over medium heat and cook chicken breast halves until browned on both sides, 5 to 8 minutes per side.
- ☐ Pour in chicken stock, artichoke hearts, pearl onions, thyme, salt, and black pepper and bring to a boil. Reduce heat to low and simmer until stock is reduced and onions and artichokes are tender, about 45 minutes; turn chicken breasts over in the skillet after 20 minutes.
- ☐ Place a goat cheese slice on each chicken breast; cover skillet and let goat cheese melt.
- ☐ Place chicken breasts onto a serving platter. Spoon about 3 tablespoons liquid from skillet into a small bowl and whisk in cornstarch until smooth; stir cornstarch mixture into skillet and cook until sauce has thickened, about 1 minute.
- ☐ Serve pan sauce with chicken breasts.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:21.534782736198%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg, Quercetin: 12.01mg

Nutrients (% of daily need)

Calories: 397.03kcal (19.85%), Fat: 17.64g (27.13%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 22.76g (7.59%), Net Carbohydrates: 19.15g (6.96%), Sugar: 6.49g (7.21%), Cholesterol: 89.3mg (29.77%), Sodium: 730.81mg (31.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.68%), Vitamin B3: 16.29mg (81.47%), Selenium: 42.58µg (60.83%), Vitamin B6: 1.17mg (58.51%), Phosphorus: 411.65mg (41.16%), Vitamin B2: 0.5mg (29.63%), Folate: 111.04µg (27.76%), Potassium: 923.07mg (26.37%), Vitamin B5: 1.95mg (19.49%), Copper: 0.38mg (18.91%), Magnesium: 66.13mg (16.53%), Vitamin B1: 0.24mg (15.75%), Manganese: 0.3mg (14.89%), Fiber: 3.61g (14.43%), Vitamin C: 9.66mg (11.7%), Iron: 2mg (11.08%), Zinc: 1.5mg (10.02%), Vitamin E: 1.36mg (9.04%), Vitamin K: 7.89µg (7.51%), Vitamin A: 365.59IU (7.31%), Calcium: 71.5mg (7.15%), Vitamin B12: 0.27µg (4.44%), Vitamin D: 0.2µg (1.32%)