



## Chicken with Artichokes and Olives

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 0.3 teaspoon pepper black
- 1 teaspoon cornstarch
- 2 teaspoons dijon mustard
- 0.5 cup cooking wine dry white
- 0.3 cup less-sodium chicken broth fat-free
- 2 tablespoons parsley fresh minced
- 0.3 cup kalamata olives pitted

- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

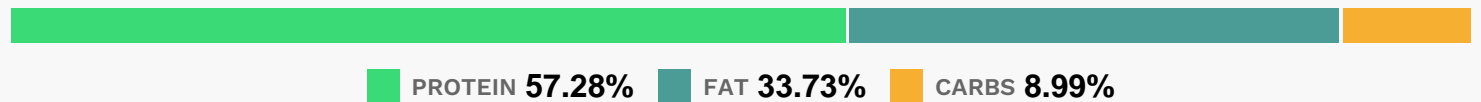
## Equipment

- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Sprinkle chicken with salt and pepper.
- Add chicken to pan; cook 5 minutes on each side.
- Remove chicken from pan; keep warm.
- Combine wine, broth, cornstarch, and mustard.
- Add to pan, scraping pan to loosen browned bits. Bring to a boil; cook 1 minute. Stir in olives and artichokes; cook 1 minute. Spoon sauce over chicken; sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:19.201304275057%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 293.7kcal (14.68%), Fat: 9.76g (15.01%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 5.85g (1.95%), Net Carbohydrates: 3.74g (1.36%), Sugar: 1.19g (1.32%), Cholesterol: 108.86mg (36.29%), Sodium: 972.8mg (42.3%),

Alcohol: 3.09g (100%), Alcohol %: 1.17% (100%), Protein: 37.27g (74.54%), Vitamin B3: 17.92mg (89.61%), Selenium: 55.75µg (79.64%), Vitamin B6: 1.3mg (64.92%), Phosphorus: 368.74mg (36.87%), Vitamin K: 35.77µg (34.06%), Vitamin B5: 2.47mg (24.74%), Potassium: 676.21mg (19.32%), Magnesium: 51.04mg (12.76%), Vitamin B2: 0.18mg (10.72%), Vitamin E: 1.28mg (8.54%), Fiber: 2.11g (8.44%), Vitamin B1: 0.12mg (8.02%), Zinc: 1.07mg (7.13%), Vitamin B12: 0.37µg (6.14%), Vitamin C: 4.71mg (5.71%), Iron: 0.98mg (5.47%), Vitamin A: 266.18IU (5.32%), Manganese: 0.09mg (4.62%), Copper: 0.07mg (3.51%), Folate: 10.82µg (2.7%), Calcium: 22.65mg (2.26%), Vitamin D: 0.17µg (1.13%)