



Chicken with Cherry Tomato and Olive Topping



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black



1 cup cherry tomatoes quartered



0.3 teaspoon pepper red crushed



2 tablespoons basil fresh chopped



12 kalamata olives pitted chopped



2 teaspoons olive oil



0.1 teaspoon salt

- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

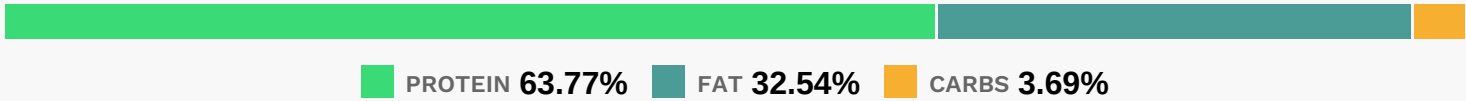
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Sprinkle the chicken with black pepper and 1/8 teaspoon salt.
- ☐ Add oil to pan.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ While chicken cooks, combine tomatoes and remaining ingredients.
- ☐ Serve over chicken.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:18.315217209899%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 236.59kcal (11.83%), Fat: 8.31g (12.79%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.38g (0.5%), Sugar: 1.01g (1.12%), Cholesterol: 108.86mg (36.29%), Sodium: 608.78mg (26.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.3%), Vitamin B3: 17.99mg (89.96%), Selenium: 54.76µg (78.23%), Vitamin B6: 1.31mg (65.59%), Phosphorus: 369.25mg (36.92%), Vitamin B5: 2.48mg (24.8%), Potassium: 722.72mg (20.65%), Vitamin C: 10.72mg (12.99%), Magnesium: 49.94mg (12.49%), Vitamin B2: 0.18mg (10.66%), Vitamin E: 1.33mg (8.89%), Vitamin B1: 0.13mg (8.37%), Vitamin A: 370.84IU (7.42%), Zinc: 1.06mg (7.06%), Vitamin K: 7.24µg (6.9%), Iron: 1.02mg (5.67%), Vitamin B12: 0.34µg (5.67%), Copper: 0.1mg (4.76%), Manganese: 0.09mg (4.74%), Folate: 12.74µg (3.19%), Fiber: 0.75g (2.99%), Calcium: 21.73mg (2.17%), Vitamin D: 0.17µg (1.13%)