



Chicken with Grape Tomatoes and Fried Basil



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 bay leaves
- ☐ 4 servings pepper black freshly ground
- ☐ 4 chicken breast halves bone-in
- ☐ 1 cup chicken broth
- ☐ 0.5 cup basil fresh coarsely chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 0.5 teaspoon ground thyme dried

- ☐ 1 cup rice long grain uncooked
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt
- ☐ 2 cups water
- ☐ 1 cup white wine

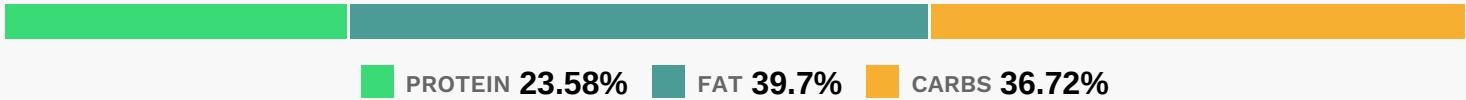
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Heat oil in a large skillet over medium-high heat. Cook basil in oil until it begins to get crispy and has a strong basil smell; this will take several minutes. Scoop basil out of oil with a slotted spoon, and drain on paper towels.
- ☐ Remove half of the remaining oil from the pan.
- ☐ Sprinkle chicken with salt and pepper to taste, and brown in oil; this should take about 4 minutes per side. Stir in chicken broth, wine, and balsamic vinegar. Season with bay leaves and thyme. Cover, and simmer over low heat until chicken is done and sauce is reduced; this should take about 25 minutes.
- ☐ In a small saucepan, combine water and rice. Bring to a boil. Reduce heat to low, cover, and cook for 20 minutes.
- ☐ Place halved tomatoes in the pan with the chicken, cover, and simmer until the tomatoes are warm. Spoon chicken pieces, tomatoes, and sauce over rice, and garnish with fried basil.

Nutrition Facts



Properties

Glycemic Index:66.55, Glycemic Load:24.42, Inflammation Score:-8, Nutrition Score:21.890434741974%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 539.25kcal (26.96%), Fat: 21.63g (33.27%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 45.02g (15.01%), Net Carbohydrates: 42.87g (15.59%), Sugar: 5.2g (5.78%), Cholesterol: 73.5mg (24.5%), Sodium: 562.39mg (24.45%), Alcohol: 6.18g (100%), Alcohol %: 1.44% (100%), Protein: 28.91g (57.81%), Vitamin B3: 13.46mg (67.29%), Selenium: 43.46µg (62.09%), Vitamin B6: 1.05mg (52.67%), Manganese: 0.82mg (41.22%), Vitamin K: 35.45µg (33.76%), Phosphorus: 335.69mg (33.57%), Vitamin A: 1187.1IU (23.74%), Vitamin E: 3.55mg (23.7%), Potassium: 825.46mg (23.58%), Vitamin B5: 2.22mg (22.24%), Vitamin C: 18.19mg (22.05%), Magnesium: 65.12mg (16.28%), Copper: 0.25mg (12.43%), Vitamin B2: 0.2mg (12.06%), Vitamin B1: 0.17mg (11.04%), Zinc: 1.53mg (10.18%), Iron: 1.75mg (9.73%), Fiber: 2.15g (8.61%), Folate: 29.05µg (7.26%), Calcium: 52.72mg (5.27%), Vitamin B12: 0.24µg (3.96%)