



Chicken With Lemon, Figs, And Olives



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 0.5 cup figs dried quartered
- ☐ 0.8 cup cooking wine dry red
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 3 tablespoons honey

- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds chicken thighs boneless skinless
- ☐ 6.2 ounce rice long-grain wild (such as Uncle Ben's)

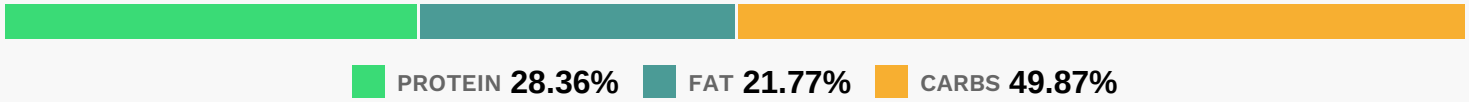
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 11 ingredients; stir well, and set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and cook 8 minutes, turning to brown all sides.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add wine mixture to pan; scrape pan to loosen browned bits. Bring to a boil; cook 5 minutes.
- ☐ Add chicken to pan; cover and cook 10 minutes or until chicken is done.
- ☐ Serve with rice.
- ☐ Garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:21.45, Inflammation Score:-6, Nutrition Score:17.678260642549%

Flavonoids

Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg, Petunidin: 1.2mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg, Malvidin: 9.45mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin:

3.84mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg, Kaempferol: 4.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 409.74kcal (20.49%), Fat: 9.52g (14.64%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 44.74g (16.27%), Sugar: 18.75g (20.83%), Cholesterol: 107.73mg (35.91%), Sodium: 567.9mg (24.69%), Alcohol: 3.78g (100%), Alcohol %: 1.99% (100%), Protein: 27.88g (55.77%), Vitamin B3: 8.9mg (44.51%), Selenium: 27.07µg (38.68%), Phosphorus: 378.93mg (37.89%), Manganese: 0.69mg (34.61%), Vitamin B6: 0.67mg (33.67%), Zinc: 4mg (26.64%), Magnesium: 103.55mg (25.89%), Vitamin B2: 0.32mg (18.73%), Vitamin B5: 1.83mg (18.32%), Fiber: 4.29g (17.15%), Copper: 0.33mg (16.26%), Potassium: 564.68mg (16.13%), Iron: 2.4mg (13.34%), Vitamin B12: 0.73µg (12.1%), Vitamin B1: 0.16mg (10.88%), Folate: 43.07µg (10.77%), Vitamin E: 1.36mg (9.04%), Vitamin K: 8.97µg (8.54%), Vitamin C: 5.16mg (6.25%), Calcium: 55.63mg (5.56%), Vitamin A: 81.9IU (1.64%)