



Chicken With Olive Tapenade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces chicken cutlets boneless skinless
- ☐ 1 teaspoon rosemary leaves fresh finely chopped
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 12 ounces marinated artichoke drained
- ☐ 0.5 cup olives black spanish pitted
- ☐ 0.5 cup olive green spanish pitted
- ☐ 1 pound potatoes peeled cut into 2-inch-by-1/4-inch wedges
- ☐ 0.3 cup onion red chopped

- ☐ 1 teaspoon salt divided
- ☐ 1 pound sweet potatoes and into peeled cut into 2-inch-by-1/4-inch wedges
- ☐ 0.3 cup wine
- ☐ 1 pound zucchini cut into 1/2-inch slices

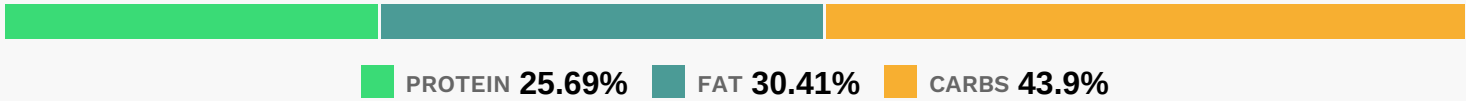
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat grill. Fold four 18-inch-long pieces of foil in half; unfold and coat inside with cooking spray. Blend olives with 1 tablespoon reserved artichoke liquid in a food processor until paste forms.
- ☐ Place 1 cutlet in center of 1 half of each piece of foil; top each with 1/4 of olive paste. Toss all potatoes with 1/4 cup reserved artichoke liquid, rosemary and 1/2 teaspoon salt; divide potatoes evenly among packets, placing them to side of chicken.
- ☐ Combine artichokes, zucchini, onion and remaining 1/2 teaspoon salt; divide evenly among packets, placing them to other side of chicken.
- ☐ Combine wine and broth in a bowl. Fold foil to close and crimp 2 sides of each packet, leaving 1 side open; pour 2 tablespoons broth-wine mixture into each packet. Crimp third side of packets to seal; place on grill; close lid; cook until packets are fully puffed, 12 minutes. Carefully cut foil to open; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:26.39, Inflammation Score:-10, Nutrition Score:32.920000211052%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 494.57kcal (24.73%), Fat: 16.38g (25.19%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 43.19g (15.7%), Sugar: 10.08g (11.2%), Cholesterol: 72.57mg (24.19%), Sodium: 1646.42mg (71.58%), Alcohol: 1.54g (100%), Alcohol %: 0.32% (100%), Protein: 31.13g (62.26%), Vitamin A: 17334.93IU (346.7%), Vitamin B6: 1.64mg (81.86%), Vitamin C: 65.33mg (79.18%), Vitamin B3: 14.48mg (72.38%), Selenium: 37.9µg (54.15%), Potassium: 1627.5mg (46.5%), Phosphorus: 410.55mg (41.06%), Fiber: 10.02g (40.08%), Manganese: 0.72mg (35.8%), Vitamin B5: 3.12mg (31.17%), Magnesium: 110.72mg (27.68%), Copper: 0.44mg (21.87%), Vitamin B1: 0.32mg (21.01%), Vitamin B2: 0.34mg (19.84%), Iron: 3.29mg (18.29%), Folate: 65.46µg (16.36%), Vitamin E: 1.95mg (12.97%), Zinc: 1.75mg (11.7%), Calcium: 110.68mg (11.07%), Vitamin K: 9.87µg (9.4%), Vitamin B12: 0.24µg (4.03%)