



## Chicken with Pepper Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 2 cloves garlic minced peeled
- ☐ 0.3 cup olives green spanish-style pitted chopped
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 pounds and/or orange bell peppers red yellow stemmed rinsed seeded cut into 1/2-inch pieces
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup shallots chopped
- ☐ 3 tablespoons sherry vinegar

☐ 24 oz boned

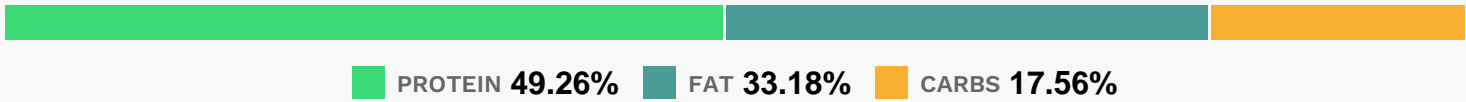
Equipment

☐ frying pan

Directions

- ☐ Rinse chicken and pat dry.
- ☐ Sprinkle breast halves lightly all over with salt and pepper.
- ☐ Heat 1 tablespoon olive oil in a 10- to 12-inch nonstick frying pan over medium heat.
- ☐ Add chicken and cook, turning once, until browned on both sides but still slightly pink in the center of the thickest part (cut to test), about 8 minutes total.
- ☐ Transfer chicken to a plate.
- ☐ Pour remaining 1/2 tablespoon olive oil into pan.
- ☐ Add shallots and garlic and stir often until fragrant but not browned, 1 to 2 minutes.
- ☐ Add peppers and stir frequently until slightly soft, 1 to 2 minutes.
- ☐ Add vinegar, olives, capers, and the chicken. Cover, lower heat to medium-low, and cook until peppers are soft and chicken is no longer pink in the center of the thickest part (cut to test), 5 to 8 minutes longer.
- ☐ Add salt and pepper to taste.
- ☐ Transfer each breast half to a plate and spoon peppers and juices evenly over warm chicken.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:32.627391167309%

Flavonoids

Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 312.26kcal (15.61%), Fat: 11.5g (17.69%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 13.69g (4.56%), Net Carbohydrates: 9.27g (3.37%), Sugar: 8.38g (9.31%), Cholesterol: 108.86mg (36.29%), Sodium: 587.95mg (25.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.4g (76.8%), Vitamin C: 221.56mg (268.56%), Vitamin A: 5413.42IU (108.27%), Vitamin B3: 19.48mg (97.4%), Vitamin B6: 1.84mg (92.09%), Selenium: 55.09µg (78.7%), Phosphorus: 414.03mg (41.4%), Vitamin B5: 3.02mg (30.17%), Potassium: 1052.49mg (30.07%), Vitamin E: 4.11mg (27.42%), Folate: 90.83µg (22.71%), Vitamin B2: 0.32mg (18.98%), Fiber: 4.42g (17.68%), Magnesium: 70.16mg (17.54%), Manganese: 0.29mg (14.58%), Vitamin B1: 0.21mg (14.31%), Vitamin K: 12.59µg (11.99%), Zinc: 1.5mg (10.01%), Iron: 1.72mg (9.56%), Vitamin B12: 0.34µg (5.67%), Copper: 0.11mg (5.56%), Calcium: 34.63mg (3.46%), Vitamin D: 0.17µg (1.13%)