



Chicken with Peppers and Artichokes

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



4

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup wine dry white
- 0.3 cup spring onion sliced
- 6 oz marinated artichoke drained
- 0.3 teaspoon pepper
- 2 medium bell pepper red cut lengthwise into quarters
- 1.3 lb chicken breast boneless skinless

Equipment

- sauce pan

grill

Directions

- Refrigerate artichokes. In shallow glass or plastic dish, mix reserved marinade and wine.
- Add chicken and bell peppers, turning to coat with marinade. Cover; refrigerate at least 30 minutes but no longer than 24 hours, turning occasionally.
- Heat gas or charcoal grill.
- Remove chicken and bell peppers from marinade; reserve marinade.
- Place chicken on grill over medium heat. Cover grill; cook 5 minutes. Turn chicken; add bell peppers to grill. Cover grill; cook 10 to 15 minutes or until peppers are tender and juice of chicken is clear when center of thickest part is cut (165F).
- Strain marinade. In 1-quart saucepan, mix marinade, artichokes, onions and pepper.
- Heat to boiling; boil and stir 1 minute.
- Serve with chicken and bell peppers.

Nutrition Facts

 **PROTEIN 56.48%**  **FAT 31.28%**  **CARBS 12.24%**

Properties

Glycemic Index:27.75, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:23.146521835223%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 242.55kcal (12.13%), Fat: 7.69g (11.84%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.26g (3.63%), Cholesterol: 90.72mg (30.24%), Sodium: 330.42mg (14.37%), Alcohol: 2.06g (100%), Alcohol %: 0.97% (100%), Protein: 31.25g (62.5%), Vitamin C: 87.97mg (106.63%), Vitamin B3: 15.42mg (77.11%), Selenium: 45.48µg (64.97%), Vitamin B6: 1.25mg (62.45%), Vitamin A: 2393.71IU (47.87%), Phosphorus: 319.25mg (31.92%), Vitamin B5: 2.22mg (22.24%), Potassium: 683.12mg (19.52%), Vitamin K: 16.42µg

(15.64%), Magnesium: 47.46mg (11.86%), Vitamin B2: 0.2mg (11.8%), Folate: 37.26µg (9.32%), Fiber: 2.29g (9.18%),
Vitamin B1: 0.13mg (8.49%), Vitamin E: 1.25mg (8.3%), Iron: 1.25mg (6.92%), Manganese: 0.14mg (6.86%), Zinc:
1.02mg (6.8%), Vitamin B12: 0.28µg (4.72%), Copper: 0.06mg (2.8%), Calcium: 26.61mg (2.66%)