



Chicken with Stone Fruit Panzanella

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon capers
- ☐ 3 tablespoons olive oil extravirgin
- ☐ 4 ounce bread french cut into 1/2-inch cubes (2 cups)
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 0.3 cup kalamata olives pitted halved (8 olives)

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup nectarines peeled finely chopped (1 nectarine)
- ☐ 1 cup peaches peeled finely chopped (1 peach)
- ☐ 1 cup plum tomatoes diced (3 tomatoes)
- ☐ 2 tablespoons onion red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup shallots minced
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 3 tablespoons sugar divided

Equipment

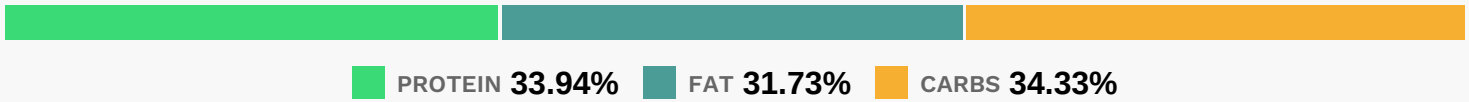
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 45
- ☐ To prepare panzanella, place bread in a single layer on a baking sheet.
- ☐ Bake at 450 for 4 minutes or until toasted.
- ☐ Heat a nonstick skillet coated with cooking spray over medium-high heat; add peach, nectarine, and 1 tablespoon sugar. Cook 2 minutes or until chopped fruit is lightly browned, stirring the mixture frequently.
- ☐ Combine the fruit mixture, tomato, olives, basil, onion, and capers in a large bowl.

- ☐ Combine 2 tablespoons sugar with olive oil, vinegar, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a small bowl, stirring with a whisk.
- ☐ Add vinegar mixture to peach mixture; toss gently to combine.
- ☐ Let stand 30 minutes. Toss with bread just before serving.
- ☐ To prepare chicken, combine shallots and next 5 ingredients (shallots through 1/8 teaspoon black pepper) in a large zip-top plastic bag; add chicken. Seal and marinate in refrigerator 30 minutes.
- ☐ Remove chicken from bag; discard marinade. Saut chicken in a large nonstick skillet over medium-high heat. Slice chicken; serve with panzanella.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:126.96, Glycemic Load:22.57, Inflammation Score:-10, Nutrition Score:28.964782564536%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 489.74kcal (24.49%), Fat: 17.38g (26.74%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 37.81g (13.75%), Sugar: 21.66g (24.07%), Cholesterol: 108.86mg (36.29%), Sodium: 1010.39mg (43.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.84g (83.67%), Vitamin B3: 20.36mg (101.8%), Selenium: 64.02µg (91.46%), Vitamin B6: 1.53mg (76.59%), Phosphorus: 449.77mg (44.98%), Vitamin K: 37.08µg (35.31%), Vitamin C: 26.71mg (32.38%), Potassium: 1080.31mg (30.87%), Vitamin B5: 2.85mg (28.54%), Vitamin B1: 0.39mg (25.83%), Manganese: 0.47mg (23.55%), Vitamin A: 1073.28IU (21.47%), Vitamin E: 3.11mg (20.75%), Vitamin

B2: 0.35mg (20.65%), Magnesium: 82.06mg (20.52%), Folate: 76.46µg (19.11%), Fiber: 4.5g (18%), Iron: 3.23mg (17.93%), Copper: 0.26mg (12.97%), Zinc: 1.79mg (11.92%), Calcium: 65.57mg (6.56%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)