



Chicken with Tomato and Feta Cheese Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast halves boneless with skin
- ☐ 28 ounce canned tomatoes whole with juice canned
- ☐ 1.5 cups chicken broth
- ☐ 1 cup feta crumbled
- ☐ 2 tablespoons rosemary leaves dried fresh minced crumbled
- ☐ 0.5 cup brine-cured olives black chopped such as Kalamata
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 large shallots chopped

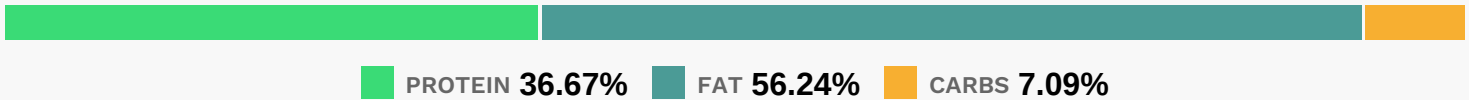
Equipment

- ☐ frying pan

Directions

- ☐ In a heavy large skillet set over medium-high heat, heat oil.
- ☐ Add shallots and cook, stirring, about 3 minutes. Season chicken with rosemary, salt and pepper.
- ☐ Add chicken, skin side down, to skillet and cook for 5 minutes, or until skin is browned. Turn chicken over, add tomatoes, including juice and broth and bring to a boil. Reduce heat to medium-low and simmer, covered, until chicken is just cooked through, about 7 to 10 minutes.
- ☐ Transfer chicken to serving plate. Boil sauce over high heat until thickened, about 5 minutes.
- ☐ Add cheese and olives and simmer, stirring, until heated through. Spoon sauce over chicken and garnish with rosemary sprigs.
- ☐ Wine Suggestions: A rose from the Languedoc Valley in Southern France, most recent vintage available or Boutari Red Noussa Reserve, Greece, most recent vintage available

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:17.811739237412%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Nutrients (% of daily need)

Calories: 334.89kcal (16.74%), Fat: 20.84g (32.06%), Saturated Fat: 6.98g (43.63%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.59g (1.67%), Sugar: 1.95g (2.16%), Cholesterol: 107.46mg (35.82%), Sodium: 1151.44mg (50.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.13%), Vitamin B3: 12.44mg (62.19%), Selenium: 42.52µg (60.74%), Vitamin B6: 1.08mg (53.95%), Phosphorus: 379.94mg (37.99%), Vitamin B2: 0.49mg (28.71%), Calcium: 213.45mg (21.34%), Vitamin B5: 2.05mg (20.49%), Potassium: 535mg (15.29%), Vitamin B12: 0.88µg (14.62%), Vitamin E: 1.98mg (13.18%), Zinc: 1.89mg (12.6%), Magnesium: 44.26mg (11.07%), Vitamin B1: 0.16mg (10.92%), Manganese: 0.15mg (7.25%), Iron: 1.15mg (6.37%), Folate: 24.51µg (6.13%), Vitamin A: 290.77IU (5.82%),

Vitamin K: 5.66µg (5.4%), Fiber: 1.32g (5.29%), Copper: 0.1mg (4.84%), Vitamin C: 3.07mg (3.73%), Vitamin D: 0.26µg (1.75%)