



Chicken with Two-Olive Topping

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons olives green pitted chopped
- ☐ 3 tablespoons kalamata olives pitted chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons olive oil divided

- ☐ 1 orange bell pepper
- ☐ 1 bell pepper red
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1 bell pepper yellow

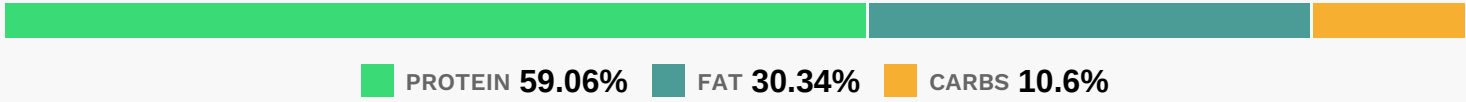
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel and chop.
- ☐ Sprinkle chicken with salt and black pepper.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add 1 teaspoon oil, rosemary, and garlic to pan; saut 30 seconds or until garlic begins to brown. Stir in bell peppers, olives, and lemon juice; cook 1 minute or until thoroughly heated, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:18.545217348182%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 170.44kcal (8.52%), Fat: 5.67g (8.72%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.76g (1.96%), Cholesterol: 72.57mg (24.19%), Sodium: 549.25mg (23.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.65%), Vitamin C: 89.49mg (108.48%), Vitamin B3: 12.42mg (62.11%), Selenium: 36.61µg (52.3%), Vitamin B6: 1.01mg (50.71%), Vitamin A: 1348.71IU (26.97%), Phosphorus: 255.35mg (25.53%), Vitamin B5: 1.79mg (17.86%), Potassium: 555.81mg (15.88%), Magnesium: 38.03mg (9.51%), Vitamin B2: 0.15mg (9.07%), Vitamin E: 1.34mg (8.95%), Folate: 28.59µg (7.15%), Vitamin B1: 0.1mg (6.92%), Manganese: 0.11mg (5.66%), Zinc: 0.81mg (5.39%), Fiber: 1.33g (5.31%), Iron: 0.76mg (4.22%), Vitamin B12: 0.23µg (3.78%), Copper: 0.07mg (3.64%), Vitamin K: 3.24µg (3.08%), Calcium: 17.37mg (1.74%)