

Convoy Chicken



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup calamata olives pitted chopped
- ☐ 29 ounce canned tomatoes fresh diced canned (4 to 6)
- ☐ 2 tablespoons capers
- ☐ 36 ounce chicken breasts boneless
- ☐ 2 cloves garlic with the side of a knife blade and minced crushed
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 cup olives green chopped
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoons olive oil
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 large onion diced white

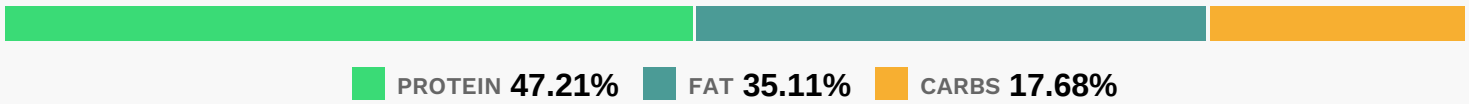
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat grill. Coat chicken with olive oil and season with garlic powder, salt, and pepper.
- ☐ For the topping, heat olive oil in a skillet and saute onion and garlic until onion is translucent. Stir in tomatoes, olives and capers, if using, and season with salt and pepper. Allow to cook and thicken.
- ☐ Grill chicken over high heat until cooked through, about 8 to 10 minutes per side depending on the thickness, and serve with topping.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:3.47, Inflammation Score:-7, Nutrition Score:24.825651951458%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg, Kaempferol: 3.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg

Nutrients (% of daily need)

Calories: 328.4kcal (16.42%), Fat: 12.96g (19.95%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 10.66g (3.88%), Sugar: 7.26g (8.07%), Cholesterol: 108.86mg (36.29%), Sodium: 998.9mg (43.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.22g (78.45%), Vitamin B3: 19.53mg (97.67%),

Selenium: 56.08µg (80.11%), Vitamin B6: 1.55mg (77.59%), Phosphorus: 416.68mg (41.67%), Potassium: 1099.18mg (31.41%), Vitamin B5: 2.86mg (28.59%), Vitamin E: 3.6mg (24.03%), Vitamin C: 16.94mg (20.53%), Magnesium: 78.94mg (19.73%), Copper: 0.35mg (17.75%), Manganese: 0.35mg (17.68%), Fiber: 4.02g (16.09%), Vitamin B1: 0.24mg (15.75%), Iron: 2.75mg (15.27%), Vitamin B2: 0.26mg (15.09%), Vitamin K: 11.67µg (11.11%), Zinc: 1.47mg (9.8%), Vitamin A: 438.87IU (8.78%), Folate: 31.33µg (7.83%), Calcium: 77.08mg (7.71%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)