



Dinner Tonight: Pan Roasted Chicken with Olives, Capers, and Vermouth



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 1 tablespoon capers
- ☐ 2 chicken breast bone-in
- ☐ 0.3 cup chicken stock see
- ☐ 0.3 cup mirin dry
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 0.5 tablespoon juice of lemon

- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon parsley chopped
- ☐ 2 servings salt and pepper

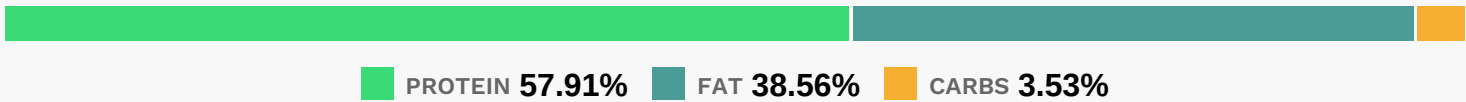
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Cut three slits into the top of each breast, just breaking the skin. Season them heavily with the salt and pepper.
- ☐ Pour the oil into an iron skillet and turn the heat to medium-high. When it's nice and hot place the chicken breasts in skin side down. Cook for 8 minutes.
- ☐ Flip the breasts over and transfer the skillet to the oven. Cook for 15 to 20 minutes, or until the inside is about 165°F.
- ☐ Remove the chicken and set aside.
- ☐ Pour off all but 1/2 tablespoon of the fat and place the skillet over high heat.
- ☐ Add the vermouth and the bay leaf.
- ☐ Let it reduce by 2/3rds, about 5 minutes.
- ☐ Add the chopped olives and capers and cook for another minute.
- ☐ Turn off the heat, pour in the lemon juice and add the parsley. Stir until combined.
- ☐ Serve the sauce over the chicken breasts.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:21.589130339415%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 367.83kcal (18.39%), Fat: 14.49g (22.28%), Saturated Fat: 2.52g (15.74%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.56g (0.93%), Sugar: 0.63g (0.7%), Cholesterol: 145.54mg (48.51%), Sodium: 734.61mg (31.94%), Alcohol: 2.85g (100%), Alcohol %: 1.17% (100%), Protein: 48.95g (97.9%), Vitamin B3: 24.1mg (120.48%), Selenium: 73.11µg (104.44%), Vitamin B6: 1.72mg (85.85%), Phosphorus: 483.79mg (48.38%), Vitamin B5: 3.23mg (32.28%), Potassium: 877.04mg (25.06%), Magnesium: 62.46mg (15.62%), Vitamin B2: 0.26mg (15.2%), Vitamin E: 1.79mg (11.95%), Vitamin B1: 0.16mg (10.56%), Zinc: 1.37mg (9.16%), Vitamin B12: 0.45µg (7.53%), Iron: 1.07mg (5.96%), Vitamin K: 6.23µg (5.94%), Vitamin C: 4.45mg (5.4%), Copper: 0.1mg (5.14%), Folate: 12.58µg (3.14%), Vitamin A: 111.08IU (2.22%), Manganese: 0.04mg (2.1%), Calcium: 18.83mg (1.88%), Fiber: 0.42g (1.67%), Vitamin D: 0.23µg (1.51%)