



Easy Olive Martini Chicken

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



298 kcal

BEVERAGE

DRINK

Ingredients

- 2 tablespoons butter
- 1 tablespoon mirin dry
- 1 tablespoon mirin dry
- 3 cloves garlic chopped
- 0.3 cup hendrick's gin
- 1 teaspoon juice of lemon
- 2 tablespoons olive oil
- 0.5 teaspoon pepper

- 0.3 cup pimiento stuffed olives green sliced
- 0.5 teaspoon salt
- 4 chicken breast halves boneless skinless

Equipment

- frying pan

Directions

- Heat the olive oil in a large skillet over medium-high heat. Season the chicken breasts with salt and pepper.
- Place chicken in the skillet, and cook until browned on each side, about 5 minutes per side.
- Reduce heat to medium, and add the butter and garlic.
- Saute for about 3 minutes.
- Pour in the gin, vermouth, lemon juice, and olives; simmer for 5 to 10 minutes, until the sauce thickens and chicken juices run clear.

Nutrition Facts

PROTEIN 38.01% **FAT 59.49%** **CARBS 2.5%**

Properties

Glycemic Index:31.75, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:12.086086988449%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 298.03kcal (14.9%), Fat: 16.92g (26.03%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.11g (0.12%), Cholesterol: 87.37mg (29.12%), Sodium: 599.14mg (26.05%), Alcohol: 5.72g (100%), Alcohol %: 4.47% (100%), Protein: 24.32g (48.63%), Vitamin B3: 11.83mg (59.15%), Selenium:

36.64µg (52.34%), Vitamin B6: 0.88mg (43.93%), Phosphorus: 243.85mg (24.39%), Vitamin B5: 1.64mg (16.38%), Potassium: 437.39mg (12.5%), Vitamin E: 1.71mg (11.42%), Magnesium: 31.52mg (7.88%), Vitamin B2: 0.12mg (7.04%), Vitamin B1: 0.08mg (5.36%), Vitamin K: 5.5µg (5.23%), Vitamin A: 243.63IU (4.87%), Zinc: 0.7mg (4.68%), Manganese: 0.09mg (4.5%), Vitamin B12: 0.24µg (3.96%), Iron: 0.57mg (3.18%), Vitamin C: 2.54mg (3.08%), Copper: 0.05mg (2.71%), Calcium: 17.22mg (1.72%), Fiber: 0.39g (1.57%), Folate: 5.34µg (1.34%)