



Easy Tuscan Chicken

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce artichoke hearts in water drained canned
- ☐ 6 tablespoons butter
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1.5 teaspoons ground pepper black
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 onion chopped
- ☐ 4 large roma tomatoes quartered

- ☐ 1.5 teaspoons salt
- ☐ 3 chicken breast halves boneless skinless
- ☐ 0.8 cup white wine

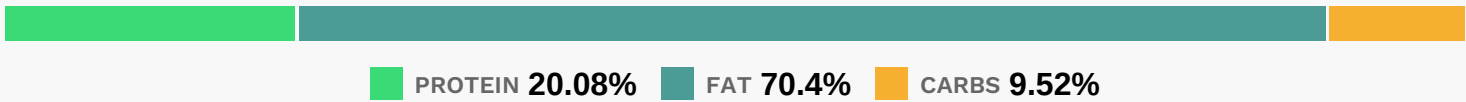
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- ☐ Mix 2 tablespoons olive oil and 1 teaspoon black pepper in a small bowl. Dip the chicken breasts into the pepper mixture until well coated, then place the chicken on a baking dish.
- ☐ Broil the chicken in the preheated oven until no longer pink in the center and the juices run clear, about 5 minutes on each side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Meanwhile, heat the remaining 2 tablespoons olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the mushrooms, artichoke hearts, Italian seasoning, salt, and pepper. Continue to cook and stir for about 6 minutes, then stir in the white wine. Allow the wine to simmer and reduce by half, about 10 minutes.
- ☐ Stir in the roma tomatoes; cook and still until the tomatoes are warmed through. Stir in the butter until it melts.
- ☐ Serve the sauce over the cooked chicken breast.

Nutrition Facts



Properties

Glycemic Index:66.33, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:23.430869444557%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 600.24kcal (30.01%), Fat: 44.17g (67.95%), Saturated Fat: 17.62g (110.12%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 9.39g (3.42%), Sugar: 5.68g (6.32%), Cholesterol: 132.52mg (44.17%), Sodium: 1765.53mg (76.76%), Alcohol: 6.18g (100%), Alcohol %: 1.64% (100%), Protein: 28.34g (56.68%), Vitamin B3: 15.18mg (75.89%), Selenium: 43.73µg (62.48%), Vitamin B6: 1.06mg (53.04%), Phosphorus: 348.54mg (34.85%), Vitamin B5: 2.92mg (29.22%), Vitamin A: 1450.75IU (29.01%), Vitamin K: 29.79µg (28.37%), Vitamin E: 4.17mg (27.79%), Potassium: 961.02mg (27.46%), Vitamin B2: 0.46mg (27.35%), Manganese: 0.44mg (21.88%), Vitamin C: 15.66mg (18.98%), Copper: 0.35mg (17.59%), Fiber: 4.04g (16.17%), Magnesium: 59.01mg (14.75%), Vitamin B1: 0.18mg (12.03%), Iron: 1.92mg (10.69%), Folate: 38.03µg (9.51%), Zinc: 1.37mg (9.12%), Calcium: 59.14mg (5.91%), Vitamin B12: 0.3µg (5.06%), Vitamin D: 0.26µg (1.76%)