



HEALTH SCORE

12%

Easy Tuscan Chicken



Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce artichoke hearts drained canned
- ☐ 6 tablespoons butter
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1.5 teaspoons pepper black
- ☐ 2 teaspoons 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 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



 PROTEIN **20.94%**  FAT **68.21%**  CARBS **10.85%**

Properties

Glycemic Index:77, Glycemic Load:2.7, Inflammation Score:-8, Nutrition Score:27.972174043241%

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: 616.87kcal (30.84%), Fat: 44.42g (68.34%), Saturated Fat: 17.66g (110.36%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 11.1g (4.04%), Sugar: 7.18g (7.98%), Cholesterol: 132.52mg (44.17%), Sodium: 1769.31mg (76.93%), Alcohol: 6.18g (100%), Alcohol %: 1.42% (100%), Protein: 30.68g (61.35%), Vitamin B3: 17.91mg (89.53%), Selenium: 50.76µg (72.52%), Vitamin B6: 1.14mg (56.97%), Vitamin B2: 0.77mg (45.23%), Phosphorus: 413.56mg (41.36%), Vitamin B5: 4.05mg (40.54%), Potassium: 1201.42mg (34.33%), Copper: 0.59mg (29.61%), Vitamin A: 1450.75IU (29.01%), Vitamin K: 29.79µg (28.37%), Vitamin E: 4.18mg (27.84%), Manganese: 0.47mg (23.66%), Vitamin C: 17.24mg (20.9%), Fiber: 4.8g (19.2%), Magnesium: 65.81mg (16.45%), Vitamin B1: 0.24mg (16.11%), Iron: 2.3mg (12.79%), Folate: 50.88µg (12.72%), Zinc: 1.76mg (11.74%), Calcium: 61.41mg (6.14%), Vitamin B12: 0.33µg (5.57%), Vitamin D: 0.42µg (2.77%)