



Flattened chicken with tomatoes, olives & capers



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



1

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chicken breast boneless skinless
- ☐ 1 tbsp olive oil
- ☐ 1 large tomatoes ripe chopped
- ☐ 2 tsp capers
- ☐ 1 handful olives
- ☐ 1 tablespoon white wine (or water, if you prefer)
- ☐ 1 serving chives chopped

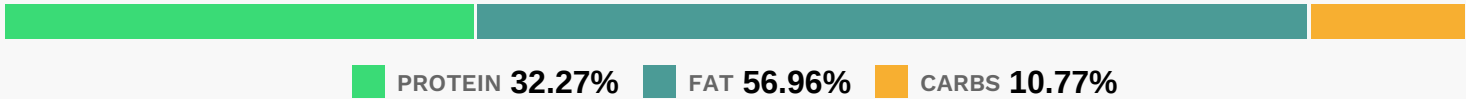
Equipment

- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Split the chicken breast almost in half and open it out like a book. Bash with a rolling pin to flatten, then lightly coat in the seasoned flour.
- ☐ Heat the oil in a pan, add the chicken and cook for 3–4 mins on each side until crisp, browned and cooked through.
- ☐ Remove from the pan and keep warm.
- ☐ Add the tomato, capers, olives and wine to the pan, season to taste, then bring to the boil. Bubble the sauce for 2–3 mins until the tomatoes are starting to break down, then spoon over the chicken and scatter with chopped herbs. Delicious with steamed potatoes.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:1.96, Inflammation Score:-9, Nutrition Score:23.116521628007%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg, Quercetin: 7.97mg

Nutrients (% of daily need)

Calories: 329kcal (16.45%), Fat: 20.42g (31.41%), Saturated Fat: 3.04g (19.03%), Carbohydrates: 8.69g (2.9%), Net Carbohydrates: 5.58g (2.03%), Sugar: 5.09g (5.65%), Cholesterol: 72.32mg (24.11%), Sodium: 566.21mg (24.62%), Alcohol: 1.54g (100%), Alcohol %: 0.56% (100%), Protein: 26.02g (52.04%), Vitamin K: 89.96µg (85.67%), Vitamin B3: 13.01mg (65.05%), Selenium: 36.41µg (52.01%), Vitamin B6: 1.01mg (50.51%), Vitamin A: 1971.04IU (39.42%),

Vitamin C: 31.78mg (38.52%), Phosphorus: 287.2mg (28.72%), Vitamin E: 4.04mg (26.94%), Potassium: 892.39mg (25.5%), Vitamin B5: 1.8mg (18.01%), Magnesium: 56.42mg (14.1%), Manganese: 0.25mg (12.58%), Fiber: 3.1g (12.42%), Vitamin B1: 0.15mg (9.92%), Folate: 39.57µg (9.89%), Vitamin B2: 0.16mg (9.45%), Copper: 0.18mg (9.17%), Iron: 1.44mg (8.01%), Zinc: 1.05mg (6.98%), Calcium: 42.86mg (4.29%), Vitamin B12: 0.23µg (3.77%)