



## Garlic-Lime Chicken with Olives

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cloves garlic minced
- 0.5 cup greek olives such as kalamata pitted sliced
- 1.5 teaspoons ground cumin
- 0.5 teaspoon ground pepper black
- 2 tablespoons juice of lime fresh
- 1 tablespoon blackstrap molasses
- 1 cup onion diced
- 1 teaspoon oregano dried

- 0.5 teaspoon salt
- 3 pounds chicken breast halves boneless skinless (See Cook's Note)
- 2 teaspoons worcestershire sauce

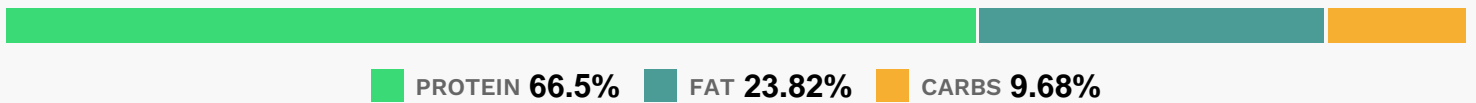
## Equipment

- bowl
- frying pan
- oven
- roasting pan

## Directions

- Preheat oven to 400 degrees F.
- Coat a large roasting pan with cooking spray.
- In a large bowl, combine chicken, onion, garlic, lime juice, molasses, Worcestershire sauce, cumin, oregano, salt, and black pepper. Toss to coat.
- Transfer chicken to prepared pan and pour over any remaining marinade. Arrange olives over and around chicken in pan. Roast 30 to 35 minutes, until chicken is cooked through.
- Serve 1/3 of the chicken tonight and reserve remaining chicken in the refrigerator for other meals.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:2.66, Inflammation Score:-8, Nutrition Score:28.129130404928%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

## Nutrients (% of daily need)

Calories: 453.98kcal (22.7%), Fat: 11.65g (17.92%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 9.01g (3.28%), Sugar: 6g (6.67%), Cholesterol: 217.72mg (72.57%), Sodium: 992.85mg (43.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.17g (146.34%), Vitamin B3: 35.72mg (178.59%), Selenium: 110.41µg (157.73%), Vitamin B6: 2.67mg (133.27%), Phosphorus: 738.26mg (73.83%), Vitamin B5: 4.97mg (49.67%), Potassium: 1459.09mg (41.69%), Magnesium: 112.3mg (28.08%), Vitamin B2: 0.36mg (21.44%), Vitamin B1: 0.25mg (16.97%), Manganese: 0.29mg (14.41%), Zinc: 2.14mg (14.3%), Iron: 2.56mg (14.23%), Vitamin C: 10.22mg (12.39%), Vitamin B12: 0.68µg (11.34%), Vitamin E: 1.44mg (9.58%), Copper: 0.18mg (8.89%), Calcium: 68.46mg (6.85%), Fiber: 1.65g (6.61%), Folate: 24.05µg (6.01%), Vitamin K: 4.74µg (4.51%), Vitamin A: 194.83IU (3.9%), Vitamin D: 0.34µg (2.27%)