



Greek Chicken (Maybe)

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup feta cheese crumbled
- 1 clove garlic minced
- 2 servings salt and ground pepper black to taste
- 20 kalamata olives pitted
- 1 cup orange muscat wine
- 1 tablespoon olive oil
- 20 grapes red seedless
- 2 chicken breast halves boneless skinless

Equipment

frying pan

Directions

Season the chicken breasts with salt and pepper.

Heat the oil in a skillet over medium-high heat. Cook the chicken breasts in the hot oil until golden brown on both sides, about 5 minutes total. Stir in the garlic, olives, and grapes; cook and stir 1 minute.

Sprinkle the chicken breasts with feta cheese.

Pour the wine into the pan and bring to a boil. Cover and cook until the cheese has melted and the sauce reduced by half, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:4.5, Inflammation Score:-6, Nutrition Score:18.519999980927%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 482.06kcal (24.1%), Fat: 24.2g (37.23%), Saturated Fat: 7.44g (46.47%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 16.96g (6.17%), Sugar: 7.98g (8.87%), Cholesterol: 105.69mg (35.23%), Sodium: 1183.99mg (51.48%), Alcohol: 10.41g (100%), Alcohol %: 3.59% (100%), Protein: 30.28g (60.55%), Vitamin B3: 12.36mg (61.79%), Selenium: 42.41µg (60.59%), Vitamin B6: 1.08mg (53.98%), Phosphorus: 377.73mg (37.77%), Vitamin B2: 0.47mg (27.6%), Calcium: 219.55mg (21.96%), Vitamin B5: 2.02mg (20.17%), Vitamin E: 2.91mg (19.41%), Potassium: 561.06mg (16.03%), Vitamin B12: 0.86µg (14.33%), Vitamin K: 13.16µg (12.54%), Zinc: 1.8mg (12.03%), Vitamin B1: 0.18mg (11.74%), Magnesium: 44.95mg (11.24%), Copper: 0.16mg (7.99%), Vitamin A: 383.03IU (7.66%), Fiber: 1.83g (7.31%), Iron: 1.11mg (6.18%), Manganese: 0.1mg (5.04%), Folate: 18.78µg (4.7%), Vitamin C: 3.42mg (4.15%), Vitamin D: 0.26µg (1.75%)