



Greek Chicken with Capers and Raisins in Feta Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 1 ounce feta cheese crumbled
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup golden raisins
- ☐ 4 slices optional: lemon thin
- ☐ 2 tablespoons juice of lemon

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 1 teaspoon oregano dried
- ☐ 16 ounce skinned

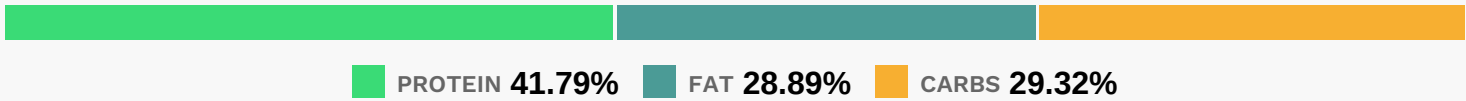
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Combine flour and oregano in a shallow dish; dredge chicken in flour mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes on each side.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add onion and garlic to pan; saut 2 minutes. Stir in broth, raisins, and lemon juice; cook 3 minutes, scraping pan to loosen browned bits. Return chicken to pan. Cover, reduce heat, and simmer 10 minutes or until chicken is done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add capers and cheese to pan, stirring with a whisk; top each chicken breast with 1/4 cup sauce and 1 lemon slice.

Nutrition Facts



Properties

Glycemic Index:61.54, Glycemic Load:8.47, Inflammation Score:-7, Nutrition Score:16.172608854978%

Flavonoids

Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg, Kaempferol: 5.85mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.46mg, Quercetin: 15.46mg, Quercetin: 15.46mg, Quercetin: 15.46mg

Nutrients (% of daily need)

Calories: 257.82kcal (12.89%), Fat: 8.34g (12.84%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 19.06g (6.35%), Net Carbohydrates: 17.18g (6.25%), Sugar: 9.41g (10.45%), Cholesterol: 78.88mg (26.29%), Sodium: 675.18mg (29.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.33%), Vitamin B3: 12.86mg (64.29%), Selenium: 41.2µg (58.86%), Vitamin B6: 1.02mg (51.15%), Phosphorus: 307.23mg (30.72%), Vitamin B5: 1.91mg (19.11%), Potassium: 636.4mg (18.18%), Vitamin B2: 0.26mg (15.1%), Vitamin C: 12.21mg (14.79%), Magnesium: 44.98mg (11.24%), Manganese: 0.21mg (10.57%), Vitamin B1: 0.15mg (9.93%), Vitamin B12: 0.52µg (8.61%), Iron: 1.42mg (7.87%), Calcium: 76.14mg (7.61%), Fiber: 1.87g (7.48%), Zinc: 1.07mg (7.15%), Copper: 0.14mg (7.13%), Vitamin K: 7.19µg (6.84%), Folate: 26.92µg (6.73%), Vitamin E: 0.91mg (6.05%), Vitamin A: 80.95IU (1.62%)