



Greek Isle Chicken

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 garlic clove minced
- 1 pint grape tomatoes
- 1 optional: lemon halved
- 1 tablespoon olive oil divided
- 6 ounce olive green pitted drained
- 4 servings oregano fresh
- 1 teaspoon oregano fresh chopped
- 4 teaspoons penzey's southwest seasoning salt-free (such as Cavender's)

24 ounce chicken breast halves boneless skinless

Equipment

bowl

frying pan

oven

Directions

Preheat oven to 40

. Squeeze 1 lemon half, and reserve juice. Thinly slice other lemon half crosswise, and quarter each slice.

Combine quartered lemon slices, tomatoes, and next 3 ingredients in a medium bowl; add 2 teaspoons olive oil, and toss to combine.

Sprinkle both sides of chicken evenly with Greek seasoning.

Heat remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat.

Add chicken, and cook 2 to 3 minutes on each side or until golden brown.

Remove chicken from pan; keep warm.

Add reserved lemon juice to pan, scraping pan to loosen browned bits.

Add tomato mixture to pan, stirring gently.

Place chicken on top of tomato mixture, and place pan in oven.

Bake at 400 for 20 to 22 minutes or until chicken is done.

Garnish with oregano sprigs, if desired.

Nutrition Facts



PROTEIN 44.93% **FAT 39.4%** **CARBS 15.67%**

Properties

Glycemic Index:27.13, Glycemic Load:1.81, Inflammation Score:-10, Nutrition Score:28.70304322761%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 333.79kcal (16.69%), Fat: 15.01g (23.09%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 7.1g (2.58%), Sugar: 4.29g (4.76%), Cholesterol: 108.86mg (36.29%), Sodium: 868.95mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.51g (77.03%), Vitamin B3: 18.88mg (94.38%), Selenium: 55.32µg (79.03%), Vitamin B6: 1.48mg (73.99%), Vitamin K: 52.37µg (49.88%), Phosphorus: 402.28mg (40.23%), Vitamin C: 32.94mg (39.93%), Potassium: 1048.88mg (29.97%), Vitamin E: 4.3mg (28.67%), Vitamin B5: 2.65mg (26.54%), Vitamin A: 1318.9IU (26.38%), Fiber: 6.33g (25.31%), Manganese: 0.5mg (25.09%), Iron: 3.72mg (20.65%), Magnesium: 81.62mg (20.41%), Calcium: 153.53mg (15.35%), Vitamin B2: 0.24mg (13.87%), Vitamin B1: 0.19mg (12.35%), Folate: 44.05µg (11.01%), Copper: 0.22mg (10.98%), Zinc: 1.4mg (9.35%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)