



Green Olive Chicken II

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 4 ounce mushrooms sliced canned
- ☐ 16 ounce canned tomatoes whole peeled drained chopped canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup olives green sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup onion chopped

- ☐ 1 teaspoon paprika
- ☐ 1 tablespoon salt
- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 cup water
- ☐ 1 cup rice long-grain white uncooked

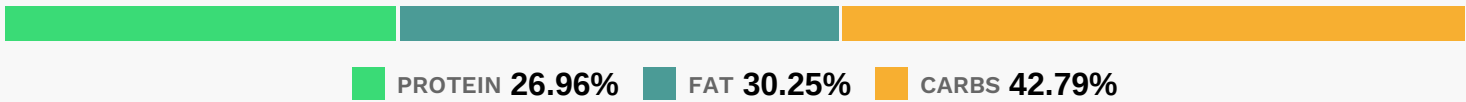
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion and saute until lightly browned. Stir in tomatoes, water, bell pepper, mushrooms, parsley, paprika, salt, pepper, rice and olives. Arrange chicken in skillet, cover and bring to a boil.
- ☐ Reduce heat to medium low and simmer for 1 hour. Note: If chicken is cooked through but rice is unfinished, remove chicken and let rice finish cooking; to serve, slice chicken and lay on top of cooked rice.

Nutrition Facts



Properties

Glycemic Index:37.86, Glycemic Load:15.18, Inflammation Score:-6, Nutrition Score:15.107825942661%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 291.71kcal (14.59%), Fat: 9.79g (15.06%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 28.59g (10.4%), Sugar: 3.25g (3.61%), Cholesterol: 63.26mg (21.09%), Sodium: 1664.1mg (72.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Vitamin B3: 9.34mg (46.69%), Selenium: 29.88µg (42.69%), Vitamin B6: 0.77mg (38.29%), Vitamin C: 19.79mg (23.99%), Manganese: 0.47mg (23.68%), Phosphorus: 230.54mg (23.05%), Vitamin B5: 1.68mg (16.8%), Potassium: 540.94mg (15.46%), Vitamin K: 15.33µg (14.6%), Vitamin A: 597.2IU (11.94%), Copper: 0.22mg (11.17%), Magnesium: 43.89mg (10.97%), Fiber: 2.58g (10.32%), Vitamin E: 1.44mg (9.57%), Iron: 1.66mg (9.25%), Vitamin B1: 0.14mg (9.17%), Vitamin B2: 0.15mg (8.89%), Zinc: 1.09mg (7.29%), Calcium: 53.71mg (5.37%), Folate: 19.31µg (4.83%), Vitamin B12: 0.16µg (2.71%)