



Grilled Chicken with Arugula, Black Olives, and Tomatoes

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula stemmed
- ☐ 0.5 cup olives black pitted
- ☐ 4 servings pepper black freshly ground
- ☐ 1 optional: lemon cut in half
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.3 cup onion red chopped
- ☐ 4 servings salt

- ☐ 1.5 pounds chicken breasts boneless skinless
- ☐ 2 large tomatoes diced cored ripe

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ rolling pin
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the chicken breasts between 2 pieces of parchment or waxed paper and pound thin with a rolling pin.
- ☐ Put them in a shallow bowl; add enough olive oil to cover (1/2 to 3/
- ☐ cup), the juice of 1/2 lemon, and salt and pepper, and refrigerate for 20 to 30 minutes.
- ☐ Place a large grill pan on 2 burners over medium-high heat, or preheat an outdoor gas or charcoal grill.
- ☐ Stir together the tomatoes, arugula, onion, olives, 1/4 cup of olive oil, the juice of the remaining lemon half, and salt and pepper; set aside while you cook the chicken.
- ☐ Fold a few paper towels into a thick square. Blot some oil on the paper towels and then carefully and quickly wipe the ridges of the grill pan or the hot grates of the grill to make a nonstick surface.
- ☐ Remove the chicken from the marinade and season with salt and pepper.
- ☐ Lay the chicken on the hot grill and cook 3 to 5 minutes on each side until charred and firm.
- ☐ Transfer to plates and spoon the tomato mixture over.
- ☐ Serve hot.

Nutrition Facts



 **PROTEIN 40.15%**  **FAT 50.68%**  **CARBS 9.17%**

Properties

Glycemic Index:38.63, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:26.079565250355%

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: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 10.01mg, Kaempferol: 10.01mg, Kaempferol: 10.01mg, Kaempferol: 10.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 377.66kcal (18.88%), Fat: 21.45g (33%), Saturated Fat: 3.3g (20.66%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 5.68g (2.07%), Sugar: 4.16g (4.63%), Cholesterol: 108.86mg (36.29%), Sodium: 667.77mg (29.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.23g (76.46%), Vitamin B3: 18.45mg (92.24%), Selenium: 54.83µg (78.33%), Vitamin B6: 1.41mg (70.33%), Vitamin K: 47.19µg (44.94%), Vitamin C: 33.8mg (40.96%), Phosphorus: 401.79mg (40.18%), Vitamin A: 1552.44IU (31.05%), Potassium: 1009.73mg (28.85%), Vitamin B5: 2.7mg (26.97%), Vitamin E: 3.64mg (24.26%), Magnesium: 72.71mg (18.18%), Folate: 53.25µg (13.31%), Vitamin B2: 0.22mg (13.01%), Manganese: 0.25mg (12.71%), Fiber: 3.05g (12.21%), Vitamin B1: 0.17mg (11.6%), Iron: 1.64mg (9.13%), Zinc: 1.32mg (8.77%), Calcium: 81.6mg (8.16%), Copper: 0.16mg (7.84%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)