



Grilled Chicken with Peppers and Artichokes

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

READY IN



70 min.

SERVINGS



4

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces marinated artichoke
- 0.3 cup wine dry white (from 32-ounce carton)
- 1 pound chicken breast halves boneless skinless
- 2 medium bell pepper cut lengthwise into fourths
- 0.3 cup spring onion sliced
- 0.3 teaspoon pepper

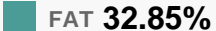
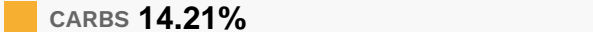
Equipment

- grill

Directions

- Drain marinade from artichoke hearts; cover and refrigerate artichokes.
- Mix marinade and wine in shallow glass or plastic dish.
- Add chicken and bell pepper, turning to coat with marinade. Cover and refrigerate, turning occasionally, at least 30 minutes but no longer than 24 hours.
- Heat coals or gas grill for direct heat.
- Remove chicken and peppers from marinade; reserve marinade. Cover and grill chicken 4 to 6 inches from medium heat 5 minutes. Turn chicken; add peppers to grill. Cover and grill 10 to 15 minutes longer or until peppers are tender and juice of chicken is no longer pink when centers of thickest pieces are cut.
- Strain marinade.
- Heat marinade, artichoke hearts, onions and pepper to boiling; boil and stir 1 minute.
- Serve artichoke sauce with chicken and peppers.

Nutrition Facts

 **PROTEIN 52.94%**  **FAT 32.85%**  **CARBS 14.21%**

Properties

Glycemic Index:27.75, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:20.518261142399%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 210.23kcal (10.51%), Fat: 6.96g (10.71%), Saturated Fat: 1.1g (6.92%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 4.48g (1.63%), Sugar: 3.26g (3.63%), Cholesterol: 72.57mg (24.19%), Sodium: 297.54mg (12.94%), Alcohol: 2.06g (100%), Alcohol %: 1.08% (100%), Protein: 25.23g (50.46%), Vitamin C: 87.63mg (106.21%), Vitamin B3: 12.47mg (62.33%), Selenium: 36.41µg (52.02%), Vitamin B6: 1.04mg (51.83%), Vitamin A: 2385.2IU (47.7%), Phosphorus: 259.72mg (25.97%), Vitamin B5: 1.82mg (18.2%), Potassium: 578.23mg (16.52%), Vitamin K: 16.36µg

(15.59%), Vitamin B2: 0.17mg (10.13%), Magnesium: 40.09mg (10.02%), Fiber: 2.29g (9.18%), Folate: 36.13µg (9.03%),
Vitamin E: 1.19mg (7.94%), Vitamin B1: 0.11mg (7.29%), Manganese: 0.13mg (6.65%), Iron: 1.14mg (6.33%), Zinc:
0.86mg (5.71%), Vitamin B12: 0.23µg (3.78%), Calcium: 25.19mg (2.52%), Copper: 0.05mg (2.42%)