



22%
HEALTH SCORE

Italian Chicken

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

READY IN



60 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cherry tomatoes
- 0.8 cup wine dry white
- 2 cloves garlic minced
- 4 servings pepper black to taste
- 1 tablespoon olive oil
- 0.3 cup pimiento stuffed olives green
- 4 servings salt to taste
- 2 pounds chicken breast halves boneless skinless cut into strips

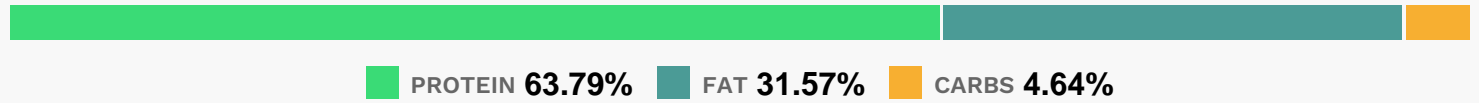
Equipment

frying pan

Directions

- Season chicken with salt and pepper.
- In a skillet or saute pan, saute minced garlic in olive oil over medium heat.
- Add sliced breast meat, and brown.
- Reduce heat to low.
- Add wine, cover, and simmer for 35 minutes.
- Add olives, and let simmer for 10 minutes more. When ready to serve, add cherry tomatoes for a minute or two. They should not get mushy or split open, just get warm.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:22.753478153892%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 347.81kcal (17.39%), Fat: 10.72g (16.49%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.95g (1.07%), Sugar: 1.42g (1.58%), Cholesterol: 145.15mg (48.38%), Sodium: 595.19mg (25.88%), Alcohol: 4.64g (100%), Alcohol %: 1.82% (100%), Protein: 48.73g (97.45%), Vitamin B3: 23.93mg (119.67%), Selenium: 73.1µg (104.43%), Vitamin B6: 1.77mg (88.61%), Phosphorus: 497.59mg (49.76%), Vitamin B5: 3.31mg (33.12%),

Potassium: 963.26mg (27.52%), Magnesium: 68.3mg (17.07%), Vitamin B2: 0.24mg (14.36%), Vitamin C: 11.68mg (14.16%), Vitamin B1: 0.17mg (11.05%), Vitamin E: 1.47mg (9.78%), Zinc: 1.44mg (9.63%), Manganese: 0.16mg (8.21%), Vitamin B12: 0.45µg (7.56%), Iron: 1.31mg (7.29%), Vitamin A: 284.03IU (5.68%), Copper: 0.11mg (5.35%), Vitamin K: 4.09µg (3.9%), Folate: 14.68µg (3.67%), Calcium: 27.19mg (2.72%), Fiber: 0.6g (2.38%), Vitamin D: 0.23µg (1.51%)