






 **27%**  
HEALTH SCORE

# Kalamata-Feta Chicken

 Dairy Free

READY IN  
  
**21 min.**

SERVINGS  
  
**4**

CALORIES  
  
**314 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 1 ounce sun-dried olives with basil and sun-dried tomatoes crumbled
- 0.3 cup parsley fresh chopped
- 8 grape tomatoes finely chopped
- 10 kalamata olives pitted chopped
- 4 teaspoons oregano dried fresh divided chopped
- 1 cup orzo pasta (rice-shaped uncooked)
- 0.3 teaspoon pepper divided
- 0.5 teaspoon salt divided

- 16 ounce chicken breast halves boneless skinless
- 0.5 cup water

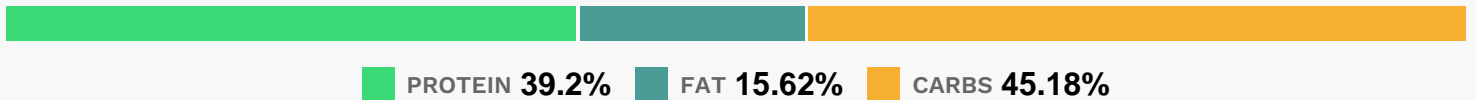
## Equipment

- frying pan

## Directions

- Cook orzo according to package directions.
- Drain; stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Combine olives, tomato, parsley, cheese, 2 teaspoons fresh oregano, and 1/8 teaspoon salt.
- Coat chicken with cooking spray; sprinkle with remaining 1/8 teaspoon salt, 1/8 teaspoon pepper, and 2 teaspoons fresh oregano.
- Place a large nonstick skillet over medium-high heat.
- Add chicken; cook 6 minutes on each side.
- Transfer to a serving plate; keep warm.
- Add water to pan; bring to a boil, scraping pan to loosen browned bits.
- Pour mixture over chicken. Top chicken with olive mixture, and serve with orzo.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:12.61, Inflammation Score:-9, Nutrition Score:23.812608553016%

## Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 314.27kcal (15.71%), Fat: 5.43g (8.36%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 35.36g (11.79%), Net Carbohydrates: 31.54g (11.47%), Sugar: 4.73g (5.25%), Cholesterol: 72.57mg (24.19%), Sodium: 593.86mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Selenium: 60.57µg (86.53%), Vitamin K: 80.28µg (76.45%), Vitamin B3: 13.48mg (67.38%), Vitamin B6: 0.98mg (49.05%), Phosphorus: 348.13mg (34.81%), Manganese: 0.65mg (32.65%), Potassium: 878.77mg (25.11%), Vitamin B5: 1.99mg (19.93%), Magnesium: 75.74mg (18.94%), Vitamin C: 13.83mg (16.76%), Vitamin A: 769.09IU (15.38%), Fiber: 3.82g (15.26%), Iron: 2.68mg (14.86%), Copper: 0.3mg (14.83%), Vitamin B2: 0.19mg (11.3%), Vitamin B1: 0.17mg (11.02%), Zinc: 1.49mg (9.92%), Vitamin E: 1.22mg (8.11%), Folate: 31.97µg (7.99%), Calcium: 68.68mg (6.87%), Vitamin B12: 0.23µg (3.78%)