



Mediterranean Chicken

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced italian-style drained canned
- 2 tsp garlic minced
- 2 cups brown rice instant uncooked
- 1 small onion chopped
- 1 tsp oregano leaves dried
- 0.3 cup pimento-stuffed olives green sliced
- 1 lb chicken breasts boneless skinless
- 0.3 cup sun tomato vinaigrette dressing dried kraft

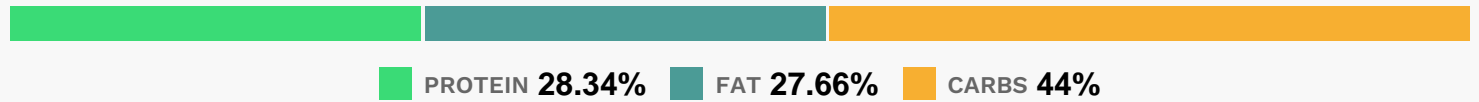
Equipment

frying pan

Directions

- Cook rice as directed on package.
- Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium heat.
- Add chicken, onions and oregano; cook 6 min. or until chicken is lightly browned on both sides and onions are crisp-tender, turning chicken after 3 min.
- Add tomatoes, dressing and garlic; stir gently. Cook 4 to 6 min. or until chicken is done (165F), turning chicken after 3 min. Stir in olives.
- Spoon rice onto platter; top with chicken and sauce.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:4.8595652541389%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 83.42kcal (4.17%), Fat: 2.56g (3.93%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.45g (3.07%), Sugar: 1.12g (1.24%), Cholesterol: 14.52mg (4.84%), Sodium: 79.93mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Vitamin B3: 3.22mg (16.12%), Selenium: 10.7µg (15.29%), Vitamin B6: 0.22mg (10.96%), Vitamin B1: 0.11mg (7.45%), Folate: 28.07µg (7.02%), Manganese: 0.14mg (6.91%), Phosphorus: 65.77mg (6.58%), Iron: 0.94mg (5.21%), Vitamin K: 4.8µg (4.57%), Potassium: 152.71mg (4.36%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.52mg (3.47%), Copper: 0.06mg (3.12%), Magnesium: 11.92mg (2.98%), Vitamin C: 2.45mg (2.97%), Fiber: 0.7g (2.8%), Vitamin B2: 0.04mg (2.19%), Zinc: 0.32mg (2.14%), Calcium: 13.4mg (1.34%), Vitamin A: 57.73IU (1.15%)