



Mediterranean Chicken

READY IN



25 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup olives black chopped
- 14 oz canned tomatoes diced italian-style undrained canned
- 1 cup italian* five cheese blend shredded kraft finely
- 1 Tbsp lemon zest
- 3 cups rotini pasta hot cooked
- 1 lb chicken breasts boneless skinless

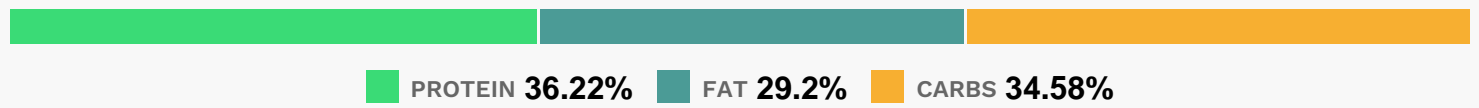
Equipment

- frying pan

Directions

- Heat large nonstick skillet on medium-high heat.
- Add chicken; cover. Cook 5 to 7 min. on each side or until done (165F).
- Remove chicken from skillet.
- Add tomatoes, olives and lemon zest to skillet. Cook 4 min. or until hot, stirring frequently.
- Return chicken to skillet; cook 1 min. or until hot. Top with cheese.
- Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:14.45, Inflammation Score:-5, Nutrition Score:20.180869807368%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 415.32kcal (20.77%), Fat: 13.62g (20.96%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 32.11g (11.68%), Sugar: 5.01g (5.57%), Cholesterol: 78.17mg (26.06%), Sodium: 579.94mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.01g (76.02%), Selenium: 60.31µg (86.16%), Vitamin B3: 13.44mg (67.19%), Vitamin B6: 1.05mg (52.46%), Phosphorus: 321.86mg (32.19%), Manganese: 0.48mg (24.12%), Potassium: 758.56mg (21.67%), Vitamin B5: 2mg (19.99%), Magnesium: 67.27mg (16.82%), Fiber: 4.19g (16.75%), Iron: 2.93mg (16.29%), Copper: 0.32mg (16.1%), Vitamin C: 12.42mg (15.06%), Vitamin E: 2.16mg (14.37%), Vitamin B1: 0.17mg (11.27%), Calcium: 112.36mg (11.24%), Vitamin B2: 0.19mg (10.88%), Zinc: 1.39mg (9.24%), Vitamin A: 314.42IU (6.29%), Folate: 24.31µg (6.08%), Vitamin K: 5.72µg (5.45%), Vitamin B12: 0.23µg (3.78%)