



Mediterranean Chicken with Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce marinated artichoke drained quartered canned
- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.3 teaspoon thyme dried
- ☐ 0.8 cup wine dry white
- ☐ 0.8 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 4 teaspoons garlic divided minced

- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmesan fresh grated
- ☐ 0.5 cup pepperoncini peppers chopped
- ☐ 0.5 cup pepperoncini peppers chopped
- ☐ 2 cups plum tomatoes chopped
- ☐ 1 cup onion red vertically sliced
- ☐ 1.5 pounds potatoes – remove skin red halved
- ☐ 1 teaspoon salt divided
- ☐ 2 pounds chicken breast boneless skinless cut into bite-sized pieces

Equipment

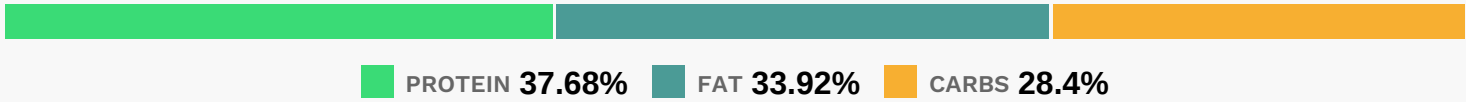
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine 2 teaspoons garlic, oil, 1/4 teaspoon salt, thyme, 1/4 teaspoon black pepper, and potatoes on a jelly roll pan coated with cooking spray.
- ☐ Bake at 400 for 30 minutes or until tender.
- ☐ Heat a large Dutch oven coated with cooking spray over medium-high heat.
- ☐ Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Add half of chicken to pan; saut 5 minutes or until browned.
- ☐ Remove chicken from pan. Repeat procedure with remaining chicken; remove from pan.
- ☐ Add onion to pan; saut 5 minutes. Stir in wine, scraping pan to loosen browned bits. Bring wine to a boil; cook until reduced to 1/3 cup (about 2 minutes).
- ☐ Add potatoes, chicken, broth, pepperoncini, and olives; cook 3 minutes, stirring occasionally. Stir in 2 teaspoons garlic, 1/4 teaspoon salt, tomato, basil, and artichokes; cook 3 minutes or until thoroughly heated.

- ☐ Sprinkle with cheese.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:1.33, Inflammation Score:0, Nutrition Score:21.874347738598%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 337.75kcal (16.89%), Fat: 12.01g (18.48%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 22.63g (7.54%), Net Carbohydrates: 18.38g (6.69%), Sugar: 4.65g (5.16%), Cholesterol: 77.39mg (25.8%), Sodium: 899.72mg (39.12%), Alcohol: 2.32g (100%), Alcohol %: 0.73% (100%), Protein: 30.03g (60.05%), Vitamin B3: 13.57mg (67.83%), Vitamin B6: 1.16mg (58.16%), Selenium: 39.21µg (56.01%), Vitamin C: 42.16mg (51.1%), Phosphorus: 373.83mg (37.38%), Potassium: 1057.21mg (30.21%), Vitamin A: 1208.57IU (24.17%), Vitamin B5: 2.05mg (20.53%), Fiber: 4.24g (16.98%), Magnesium: 66.69mg (16.67%), Manganese: 0.33mg (16.57%), Vitamin K: 15.16µg (14.44%), Calcium: 131.59mg (13.16%), Vitamin B1: 0.19mg (13%), Vitamin B2: 0.2mg (11.72%), Copper: 0.22mg (11.23%), Iron: 1.96mg (10.89%), Folate: 38.9µg (9.73%), Zinc: 1.37mg (9.13%), Vitamin E: 1.1mg (7.3%), Vitamin B12: 0.35µg (5.91%)