



Mediterranean Chicken with Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts 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
- ☐ 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
- ☐ 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

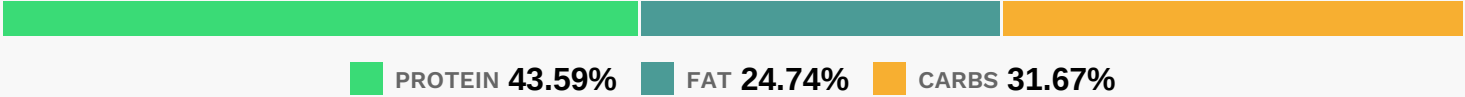
Equipment

- ☐ 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:29.88, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:19.869565435078%

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: 292.42kcal (14.62%), Fat: 7.51g (11.55%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 17.89g (6.5%), Sugar: 4.38g (4.87%), Cholesterol: 77.39mg (25.8%), Sodium: 893.35mg (38.84%), Alcohol: 2.32g (100%), Alcohol %: 0.74% (100%), Protein: 29.77g (59.54%), Vitamin B3: 13.47mg (67.33%), Vitamin B6: 1.13mg (56.74%), Selenium: 39.18µg (55.97%), Phosphorus: 371.07mg (37.11%), Vitamin C: 25.24mg (30.6%), Potassium: 1035.9mg (29.6%), Vitamin B5: 2.03mg (20.31%), Magnesium: 65.05mg (16.26%), Manganese: 0.32mg (15.9%), Fiber: 3.74g (14.98%), Vitamin A: 659.73IU (13.19%), Vitamin B1: 0.19mg (12.57%), Calcium: 119.7mg (11.97%), Vitamin K: 12.35µg (11.76%), Vitamin B2: 0.19mg (11.45%), Copper: 0.22mg (10.77%), Folate: 36.32µg (9.08%), Zinc: 1.35mg (8.97%), Iron: 1.55mg (8.62%), Vitamin E: 1.04mg (6.92%), Vitamin B12: 0.35µg (5.91%)