



Mediterranean Chicken With Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons capers
- ☐ 2 tablespoons italian-seasoned breadcrumbs
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons olives ripe chopped
- ☐ 0.3 cup plum tomatoes diced
- ☐ 0.8 cup bottled chunky salsa
- ☐ 16 ounce skinned
- ☐ 2 tablespoons water

☐ 0.3 cup zucchini diced

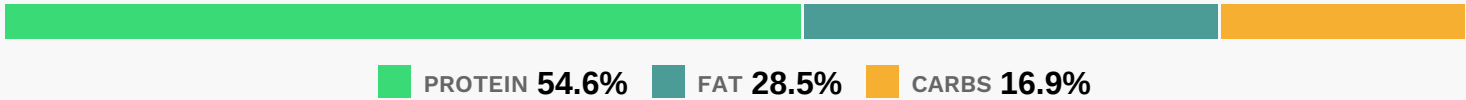
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 5 ingredients in a bowl, and set aside.
- ☐ Sprinkle chicken with breadcrumbs.
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add chicken, and cook 2 minutes on each side or until browned. Reduce heat to low; add water. Cover and cook 8 minutes or until chicken is done.
- ☐ Serve with salsa mixture; garnish with black and green olives, if desired.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:14.808695596197%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 191.58kcal (9.58%), Fat: 6g (9.23%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 6.37g (2.32%), Sugar: 2.95g (3.27%), Cholesterol: 72.62mg (24.21%), Sodium: 610.46mg (26.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.69%), Vitamin B3: 12.86mg (64.31%), Selenium: 38.03µg (54.33%), Vitamin B6: 0.98mg (48.89%), Phosphorus: 271.5mg (27.15%), Potassium: 632.69mg (18.08%), Vitamin B5: 1.79mg (17.85%), Magnesium: 43.97mg (10.99%), Vitamin B1: 0.15mg (10.04%), Vitamin B2: 0.16mg (9.7%), Vitamin A: 479.67IU (9.59%), Vitamin E: 1.39mg (9.28%), Vitamin C: 7.02mg (8.5%), Manganese: 0.16mg (8.14%), Vitamin K: 8.08µg (7.7%), Fiber: 1.63g (6.51%), Zinc: 0.9mg (5.99%), Iron: 1.01mg (5.61%), Copper: 0.1mg (5.07%), Folate: 18.22µg (4.56%), Vitamin B12: 0.24µg (4.07%), Calcium: 34.77mg (3.48%)