



Mediterranean Olive Chicken



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 13 baking mix
- ☐ 4 lb chicken pieces bone in , skin on
- ☐ 1 tbsp potato flour
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 tbsp garlic crushed
- ☐ 0.8 cup olive green ripe chopped
- ☐ 2 tsp honey
- ☐ 2 tbsp juice of lime fresh

- ☐ 0.5 tsp lime zest
- ☐ 0.5 tsp oregano dried
- ☐ 0.5 tsp pepper red (if sensitive to spice, omit)
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup wine

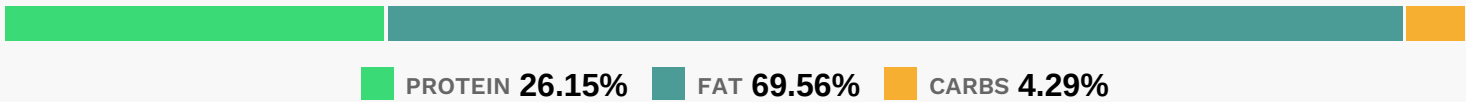
Equipment

- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Mediterranean Olive Chicken
- ☐ Ingredients3/4 cup chopped ripe green olives1/3 cup extra virgin olive oil2 tbsp fresh lime juice1 tbsp crushed garlic2 tsp honey1/2 tsp lime zest1/2 tsp red pepper flakes (if sensitive to spice, omit)1/2 tsp dried oregano
- ☐ Salt and pepper4–5 lb chicken pieces, bone in, skin on1/4 cup white wine1 tbsp cornstarch or 2 tsp potato starch
- ☐ You will also need9x13 baking dish, plastic wrap, foil
- ☐ Servings: 6–8
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:16.017825945564%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 606.13kcal (30.31%), Fat: 45.93g (70.66%), Saturated Fat: 10.96g (68.48%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.52g (2.01%), Sugar: 2.52g (2.8%), Cholesterol: 154.26mg (51.42%), Sodium: 633.29mg (27.53%), Alcohol: 1.03g (100%), Alcohol %: 0.51% (100%), Protein: 38.84g (77.69%), Vitamin B3: 14.23mg (71.13%), Selenium: 30.2µg (43.15%), Vitamin B6: 0.77mg (38.3%), Phosphorus: 323.25mg (32.32%), Vitamin E: 3.1mg (20.65%), Vitamin B5: 1.92mg (19.24%), Zinc: 2.77mg (18.46%), Vitamin B2: 0.27mg (15.59%), Potassium: 437.58mg (12.5%), Iron: 2.23mg (12.39%), Magnesium: 46.84mg (11.71%), Vitamin K: 11.89µg (11.32%), Vitamin B12: 0.65µg (10.76%), Vitamin B1: 0.15mg (9.84%), Vitamin A: 408.96IU (8.18%), Copper: 0.13mg (6.72%), Vitamin C: 5.33mg (6.46%), Manganese: 0.1mg (4.91%), Calcium: 43.53mg (4.35%), Folate: 16.99µg (4.25%), Fiber: 0.86g (3.44%), Vitamin D: 0.41µg (2.74%)