



Moroccan Chicken with Fruit and Olive Topping

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 0.8 cup fruit mixed dried
- 0.3 teaspoon thyme dried
- 0.5 cup wine dry white
- 0.5 cup fat-skimmed beef broth fat-free

- 0.3 cup olive green pitted chopped
- 1 tablespoon olive oil divided
- 0.5 cup onion
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 24 ounce chicken breast boneless skinless

Equipment

- frying pan

Directions

- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Sprinkle 1/2 teaspoon salt, 1/4 teaspoon pepper, and thyme evenly over chicken.
- Add chicken to pan; cook 4 minutes on each side or until done.
- Remove from pan; cover and keep warm.
- Heat remaining 1 teaspoon oil in pan.
- Add onion to pan; saut 2 minutes until tender.
- Add garlic to pan; saut 30 seconds.
- Add fruit and remaining ingredients to pan; cook 5 minutes or until liquid almost evaporates.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:2.04, Inflammation Score:-5, Nutrition Score:18.596087025559%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 293.86kcal (14.69%), Fat: 9.36g (14.4%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 7.32g (2.66%), Sugar: 4.84g (5.38%), Cholesterol: 108.86mg (36.29%), Sodium: 811.96mg (35.3%), Alcohol: 3.09g (100%), Alcohol %: 1.44% (100%), Protein: 37.02g (74.05%), Vitamin B3: 18.04mg (90.22%), Selenium: 55.67µg (79.53%), Vitamin B6: 1.36mg (67.97%), Phosphorus: 381.13mg (38.11%), Vitamin B5: 2.55mg (25.48%), Potassium: 756.05mg (21.6%), Magnesium: 56.63mg (14.16%), Vitamin B2: 0.2mg (11.53%), Manganese: 0.2mg (9.97%), Vitamin B1: 0.14mg (9.01%), Vitamin E: 1.19mg (7.92%), Zinc: 1.15mg (7.67%), Vitamin B12: 0.4µg (6.62%), Iron: 1.15mg (6.37%), Fiber: 1.48g (5.91%), Vitamin C: 4.42mg (5.36%), Copper: 0.1mg (5.14%), Vitamin K: 5.36µg (5.1%), Calcium: 40.27mg (4.03%), Folate: 12.39µg (3.1%), Vitamin A: 88.96IU (1.78%), Vitamin D: 0.17µg (1.13%)