



Olive Chicken I

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

323 kcal

SIDE DISH

Ingredients

- ☐ 1 pound olives green pitted
- ☐ 0.5 teaspoon ground ginger
- ☐ 6 servings ground pepper black to taste
- ☐ 1 juice of lemon juiced
- ☐ 2 onions chopped
- ☐ 0.5 teaspoon paprika
- ☐ 6 servings salt to taste
- ☐ 2 tablespoons vegetable oil

- ☐ 2 cups water
- ☐ 2 pound meat from a rotisserie chicken whole cut into pieces

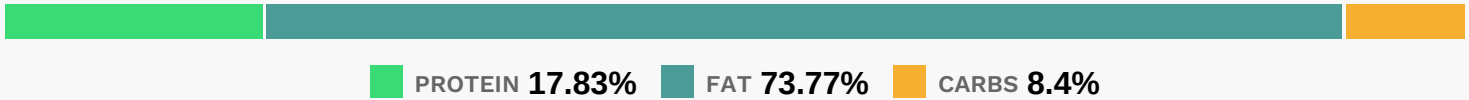
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large saute pan.
- ☐ Add onions, and sprinkle with ginger and paprika.
- ☐ Saute until onions are golden.
- ☐ Place chicken on top of onions.
- ☐ Add about 1 to 2 cups of water, lemon juice, salt, pepper, and olives. Cook about 1 hour, or until the chicken is tender.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:9.1156521258147%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 322.77kcal (16.14%), Fat: 27.11g (41.71%), Saturated Fat: 5.38g (33.63%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.11g (2.35%), Cholesterol: 54.43mg (18.14%), Sodium: 1429.57mg (62.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.49%), Vitamin B3: 5.2mg (25.98%), Vitamin E: 3.53mg (23.55%), Vitamin B6: 0.33mg (16.43%), Selenium: 11.43µg (16.33%), Fiber: 3.24g (12.96%), Phosphorus: 121.7mg (12.17%), Vitamin K: 10.93µg (10.41%), Vitamin A: 482.43IU (9.65%), Copper: 0.16mg (7.84%), Vitamin B5: 0.74mg (7.36%), Zinc: 1.07mg (7.12%), Magnesium: 28.42mg (7.1%), Vitamin C: 5.81mg (7.05%), Potassium: 234.97mg

(6.71%), Manganese: 0.13mg (6.65%), Iron: 1.19mg (6.58%), Vitamin B2: 0.11mg (6.21%), Calcium: 59.53mg (5.95%),
Vitamin B1: 0.08mg (5.21%), Vitamin B12: 0.22µg (3.75%), Folate: 14.71µg (3.68%)