



Olive-Stuffed Chicken with Almonds



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 4 chicken breast halves boneless with skin (2 1/4 pounds total)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup oil-cured olives green pitted chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup almonds whole with skins

Equipment

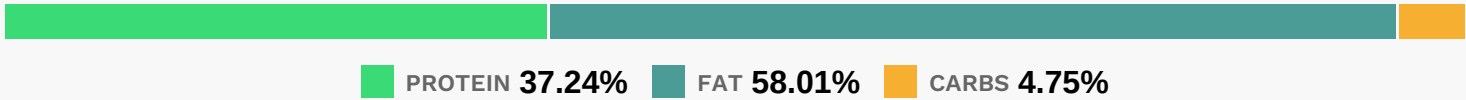
- ☐ frying pan
- ☐ slotted spoon

- ☐ tongs
- ☐ cutting board

Directions

- ☐ Pat chicken breasts dry, then cut a 2-inch-long horizontal slit in thickest part of each. Stuff each chicken breast with 1 1/2 teaspoons olives, then season with salt and pepper.
- ☐ Heat 1 tablespoon butter in a 12-inch nonstick skillet over moderate heat until foam subsides, then toast almonds, stirring often, until a few shades darker, 5 to 8 minutes.
- ☐ Transfer with a slotted spoon to a cutting board to cool (do not clean skillet).
- ☐ Increase heat to moderately high, then add chicken breasts, skin sides down, to butter remaining in skillet and sprinkle with remaining olives. Sauté chicken breasts until skins are golden brown, 8 to 10 minutes. Turn chicken breasts over and cook, covered, over moderate heat until just cooked through, 5 to 7 minutes more, then transfer with tongs to plates.
- ☐ While chicken is cooking, chop almonds.
- ☐ Add remaining tablespoon butter and 3 tablespoons water to skillet and heat, stirring, until butter is melted. Stir in almonds, parsley, and pepper to taste. Spoon sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:16.527391309324%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 280.42kcal (14.02%), Fat: 18.24g (28.07%), Saturated Fat: 5.26g (32.9%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.59g (0.66%), Cholesterol: 87.37mg (29.12%), Sodium: 659.56mg (28.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.7%), Vitamin B3: 12.22mg (61.09%), Selenium: 36.9µg (52.72%), Vitamin B6: 0.87mg (43.55%), Vitamin K: 33.99µg (32.37%), Phosphorus: 284.48mg (28.45%), Vitamin E: 3.97mg (26.44%), Vitamin B5: 1.68mg (16.76%), Potassium: 510.55mg (14.59%), Magnesium: 58.36mg (14.59%), Vitamin B2: 0.22mg (13.03%), Manganese: 0.22mg (11.23%), Vitamin A: 510.04IU (10.2%), Fiber: 2.3g (9.19%), Copper: 0.17mg (8.36%), Vitamin B1: 0.1mg (6.65%), Zinc: 0.98mg (6.5%), Iron: 1.04mg (5.78%), Calcium: 51.68mg (5.17%), Vitamin C: 4.02mg (4.87%), Vitamin B12: 0.24µg (3.96%), Folate: 12.72µg (3.18%), Vitamin D: 0.22µg (1.45%)