



# Olive Tapenade Crusted Chicken and Quinoa with Roasted Garlic, Roasted Red Peppers and Basil



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



645 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 4 fillet anchovy
- ☐ 0.3 cup freshly basil leaves chopped
- ☐ 1 tablespoon capers drained
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 cups garlic cloves peeled
- ☐ 1 cup olives green

- ☐ 1 cup kalamata olives pitted
- ☐ 12 oil-cured olives pitted
- ☐ 1 tablespoon freshly parsley leaves chopped
- ☐ 1 cup quinoa
- ☐ 1 cup roasted peppers red chopped (from water-packed jar)
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 chicken breast halves boneless skinless

## Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 400 degrees F. Coat a large baking sheet with nonstick cooking spray.
- ☐ In a blender or food processor, combine all the olives, parsley, capers, thyme, and anchovies. Process until mixture forms a thick paste.
- ☐ Place chicken on prepared baking sheet. Top only 4 of the 8 chicken pieces with the olive tapenade mixture. Season the other 4 of the 8 chicken pieces with salt and pepper, to taste. Wrap garlic cloves in foil and place alongside chicken. Roast chicken and garlic for 25 minutes, until chicken is cooked through and garlic cloves are golden brown and tender.
- ☐ Meanwhile, cook quinoa according to package directions. When liquid is absorbed, fold in red peppers, about 1/3 of the roasted garlic cloves and basil and season, to taste, with salt and black pepper.
- ☐ Serve half of the chicken and all of the quinoa with this meal and reserve extra chicken and extra garlic cloves for future meals.

## Nutrition Facts



 **PROTEIN 37.03%**  **FAT 29.36%**  **CARBS 33.61%**

Properties

Glycemic Index:52.25, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:42.09130439551%

Flavonoids

Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 645.36kcal (32.27%), Fat: 21.3g (32.77%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 54.89g (18.3%), Net Carbohydrates: 47.05g (17.11%), Sugar: 1.13g (1.26%), Cholesterol: 147.04mg (49.01%), Sodium: 2055.53mg (89.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.45g (120.9%), Vitamin B6: 2.85mg (142.28%), Vitamin B3: 25.71mg (128.54%), Selenium: 87.9µg (125.58%), Manganese: 2.16mg (107.85%), Phosphorus: 793.64mg (79.36%), Vitamin C: 44.69mg (54.17%), Magnesium: 178.81mg (44.7%), Potassium: 1470.72mg (42.02%), Vitamin B5: 4.03mg (40.27%), Copper: 0.69mg (34.51%), Fiber: 7.84g (31.35%), Vitamin B1: 0.46mg (30.93%), Vitamin E: 4.61mg (30.74%), Iron: 5.19mg (28.84%), Vitamin B2: 0.48mg (27.98%), Folate: 101.43µg (25.36%), Vitamin K: 26.01µg (24.77%), Zinc: 3.64mg (24.29%), Calcium: 228.29mg (22.83%), Vitamin A: 826.12IU (16.52%), Vitamin B12: 0.48µg (7.95%), Vitamin D: 0.23µg (1.51%)