



One-Dish Rosemary Chicken and White Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce navy beans drained canned
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 1.5 teaspoons rosemary dried
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless

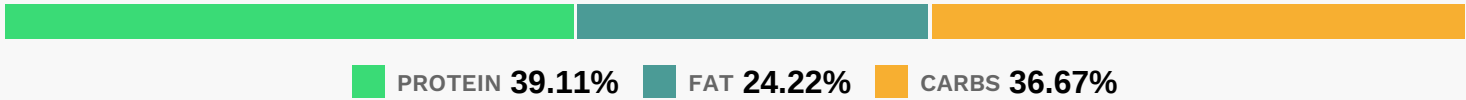
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Combine rosemary, salt, and pepper; sprinkle over one side of chicken.
- ☐ Place chicken in pan, seasoned side down; cook 3 minutes. Reduce heat to medium; turn chicken.
- ☐ Add tomatoes and beans; cover and simmer 10 minutes or until chicken is done. Stir in olives.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:21.543912846109%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 318.31kcal (15.92%), Fat: 8.71g (13.39%), Saturated Fat: 1.78g (11.12%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 21.96g (7.99%), Sugar: 4.87g (5.41%), Cholesterol: 107.73mg (35.91%), Sodium: 989.9mg (43.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.27%), Selenium: 32.49µg (46.42%), Vitamin B3: 8.13mg (40.64%), Phosphorus: 387.96mg (38.8%), Vitamin B6: 0.77mg (38.6%), Manganese: 0.62mg (31.09%), Fiber: 7.7g (30.8%), Potassium: 890.72mg (25.45%), Magnesium: 97.83mg (24.46%), Copper: 0.48mg (24.24%), Iron: 4.29mg (23.82%), Vitamin B1: 0.33mg (22.08%), Folate: 84.2µg (21.05%), Vitamin E: 2.93mg (19.52%), Zinc: 2.83mg (18.84%), Vitamin B2: 0.31mg (18.45%), Vitamin B5: 1.83mg (18.33%), Vitamin K: 13.35µg (12.71%), Vitamin C: 10.22mg (12.39%), Vitamin B12: 0.73µg (12.1%), Calcium: 100.64mg (10.06%), Vitamin A: 283.18IU (5.66%)