



Oven-Roasted Chicken Breasts with Satsuma Tapenade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet anchovy drained
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers
- ☐ 48 ounce chicken breast halves bone-in
- ☐ 2 garlic cloves minced
- ☐ 1 cup kalamata olives pitted
- ☐ 2 tablespoons olive oil extra-virgin divided

- ☐ 0.5 cup orange juice fresh 2 satsumas
- ☐ 2 teaspoons orange rind grated
- ☐ 0.3 teaspoon salt

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place juice in a small saucepan. Bring to a simmer over medium heat; cook until reduced to 1/4 cup (about 3 minutes).
- ☐ Place juice, olives, and next 4 ingredients (through anchovies) in a food processor.
- ☐ Add 1 tablespoon oil; process until well blended.
- ☐ Preheat oven to 42
- ☐ Sprinkle chicken evenly with salt and pepper.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add 3 breast halves to pan, meat sides down; cook 5 minutes or until lightly browned.
- ☐ Place chicken on a jelly-roll pan. Repeat procedure with remaining 1 1/2 teaspoons oil and remaining 3 breast halves.
- ☐ Bake at 425 for 15 minutes or until chicken is done.
- ☐ Serve with tapenade.
- ☐ Garnish with orange wedges and parsley, if desired.
- ☐ Wine note: If you haven't tried the white grape varietal viognier, now is the time. The bright, exotic orange flavor in this dish is enhanced by a viognier's citrusy floral and exotic qualities. A terrific, lively one is Yalumba's Viognier 2007 from Eden Valley, Australia (\$12). Karen MacNeil

Nutrition Facts



 PROTEIN **58.03%**  FAT **37.67%**  CARBS **4.3%**

Properties

Glycemic Index:19, Glycemic Load:1.2, Inflammation Score:0, Nutrition Score:22.555652286695%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 346.13kcal (17.31%), Fat: 14.11g (21.71%), Saturated Fat: 2.41g (15.09%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.87g (2.08%), Cholesterol: 145.95mg (48.65%), Sodium: 749.79mg (32.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 48.91g (97.82%), Vitamin B3: 24mg (120%), Selenium: 73.45µg (104.93%), Vitamin B6: 1.73mg (86.5%), Phosphorus: 484.94mg (48.49%), Vitamin B5: 3.3mg (32.96%), Potassium: 902.17mg (25.78%), Vitamin C: 14.33mg (17.37%), Magnesium: 65.24mg (16.31%), Vitamin B2: 0.24mg (14.22%), Vitamin E: 1.99mg (13.27%), Vitamin B1: 0.17mg (11.49%), Zinc: 1.38mg (9.18%), Vitamin B12: 0.46µg (7.7%), Iron: 1.11mg (6.19%), Copper: 0.11mg (5.5%), Folate: 16.62µg (4.15%), Vitamin A: 203.65IU (4.07%), Vitamin K: 4.08µg (3.89%), Fiber: 0.94g (3.76%), Manganese: 0.07mg (3.32%), Calcium: 31.17mg (3.12%), Vitamin D: 0.23µg (1.51%)