



Pan Cooked Chicken with Asparagus, Pancetta and Olives

 Gluten Free

READY IN



25 min.

SERVINGS



1

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 medium spears asparagus ends trimmed
- ☐ 1 Handful basil leaves
- ☐ 1 knob butter unsalted
- ☐ 8 cherry tomatoes halved
- ☐ 1 chicken breast supreme skinless
- ☐ 5 kalamata olives
- ☐ 1 serving olive oil

- ☐ 3 slices pancetta smoked
- ☐ 1 serving sea salt and pepper black freshly ground
- ☐ 1 serving splash white wine

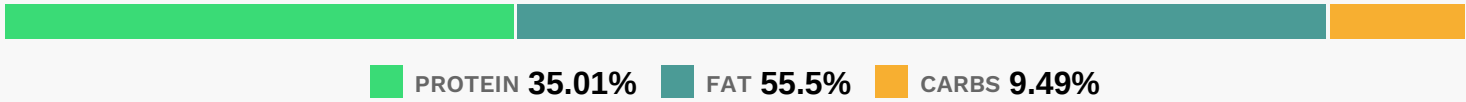
Equipment

- ☐ frying pan

Directions

- ☐ Slice the chicken into 3 finger size pieces, but ensure that you keep it as 1 piece (fan it out). This will help to cook the chicken much faster. Season with salt and pepper.
- ☐ Heat a medium-sized frying pan, add some oil, and brown the chicken on all sides.
- ☐ Place the pancetta on top of the chicken and the asparagus around it, let it char a little, then put the pancetta on the bottom of the pan to crisp up and turn the chicken over. Turn up the heat, throw in the tomatoes, olives, basil, and a good knob of butter. Take off the heat once the butter has melted and add a splash of wine to make a sauce, squishing in a few of the tomatoes to finish it off.

Nutrition Facts



Properties

Glycemic Index:149, Glycemic Load:1.33, Inflammation Score:-9, Nutrition Score:39.448695493781%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg, Quercetin: 18.91mg

Nutrients (% of daily need)

Calories: 764.04kcal (38.2%), Fat: 40.71g (62.64%), Saturated Fat: 9.79g (61.2%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 11.31g (4.11%), Sugar: 7.32g (8.13%), Cholesterol: 174.51mg (58.17%), Sodium: 877.56mg (38.15%), Alcohol: 15.14g (100%), Alcohol %: 2.68% (100%), Protein: 57.78g (115.56%), Vitamin B3: 27.46mg (137.31%), Selenium: 84.73µg (121.05%), Vitamin B6: 2.11mg (105.58%), Vitamin K: 75.34µg (71.75%), Phosphorus: 668.5mg (66.85%), Vitamin C: 41.25mg (50%), Potassium: 1594.78mg (45.57%), Vitamin B5: 4.06mg (40.57%), Vitamin A: 1925.7IU (38.51%), Vitamin E: 5.64mg (37.57%), Vitamin B1: 0.5mg (33.66%), Manganese: 0.59mg (29.57%), Iron: 5.32mg (29.55%), Vitamin B2: 0.5mg (29.17%), Magnesium: 112.33mg (28.08%), Folate: 96.76µg (24.19%), Copper: 0.46mg (23.08%), Zinc: 2.89mg (19.27%), Fiber: 4.36g (17.43%), Vitamin B12: 0.66µg (11.06%), Calcium: 87.07mg (8.71%), Vitamin D: 0.41µg (2.73%)