



Pan-fried chicken with tomato & olive sauce



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 chicken breasts boneless skinless
- ☐ 1 small onion halved very thinly sliced
- ☐ 2 garlic cloves shredded
- ☐ 400 g tomatoes ripe finely chopped
- ☐ 1 tbsp balsamic vinegar
- ☐ 6 pimiento-stuffed olives green sliced
- ☐ 300 ml chicken stock see

☐ 1 handful basil leaves generous

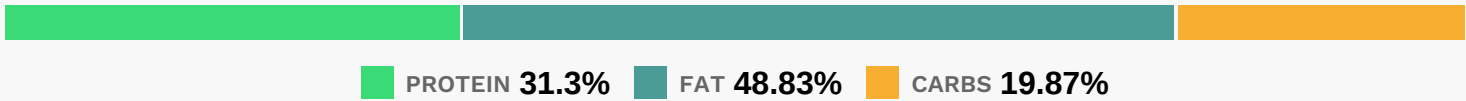
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large non-stick frying pan, then season the chicken and fry, flattest-side down, for 4–5 mins. Turn the chicken over, add the onion and cook 4–5 mins more. Lift the chicken from the pan and set aside.
- ☐ Add the garlic to the pan, then continue cooking until the onions are soft.
- ☐ Tip in the tomatoes with the balsamic vinegar, olives, stock, half the basil and seasoning, then simmer, stirring frequently, for 7–8 mins until pulpy. Return the chicken and any juices to the pan and gently simmer, covered, for 5 mins more, to cook the chicken through.
- ☐ Serve scattered with the rest of the basil.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:3.73, Inflammation Score:-9, Nutrition Score:23.60521747755%

Flavonoids

Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 386.5kcal (19.32%), Fat: 21.05g (32.38%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 19.26g (6.42%), Net Carbohydrates: 15.79g (5.74%), Sugar: 10.44g (11.6%), Cholesterol: 76.88mg (25.63%), Sodium: 549.94mg (23.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.35g (60.71%), Vitamin B3: 15.48mg (77.39%), Vitamin B6: 1.18mg (59.18%), Selenium: 40.22µg (57.46%), Vitamin C: 32.77mg (39.72%), Vitamin A: 1805.34IU (36.11%), Phosphorus: 343.68mg (34.37%), Potassium: 1132.09mg (32.35%), Vitamin K: 29.27µg (27.87%), Vitamin E:

3.83mg (25.54%), Vitamin B5: 1.85mg (18.54%), Manganese: 0.36mg (18.11%), Vitamin B2: 0.29mg (17.33%),
Magnesium: 64.64mg (16.16%), Vitamin B1: 0.22mg (14.97%), Fiber: 3.47g (13.88%), Copper: 0.27mg (13.68%), Folate:
49.91µg (12.48%), Iron: 1.63mg (9.05%), Zinc: 1.32mg (8.81%), Calcium: 54mg (5.4%), Vitamin B12: 0.23µg (3.77%)