



Pan-Seared Chicken with Tomato-Olive Relish



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon basil finely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cherry tomatoes quartered
- ☐ 2 teaspoons olive oil extra-virgin divided
- ☐ 0.3 cup olives pitted chopped
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless

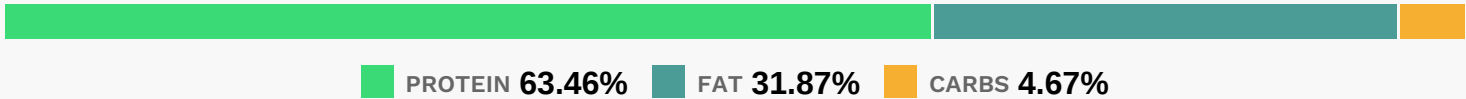
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Add 1 teaspoon oil; swirl to coat.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to pan; cook 6 minutes on each side or until done.
- ☐ While chicken cooks, combine remaining 1 teaspoon olive oil, basil, and vinegar in a medium bowl, stirring with a whisk.
- ☐ Add cherry tomatoes and olives; toss to coat.
- ☐ Serve relish with chicken.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.36, Inflammation Score:-5, Nutrition Score:18.077826204507%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 238.56kcal (11.93%), Fat: 8.18g (12.58%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.03g (0.74%), Sugar: 1.59g (1.77%), Cholesterol: 108.86mg (36.29%), Sodium: 523.26mg (22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Vitamin B3: 17.97mg (89.86%), Selenium: 54.73µg (78.18%), Vitamin B6: 1.31mg (65.4%), Phosphorus: 369.32mg (36.93%), Vitamin B5: 2.48mg (24.77%), Potassium: 722.96mg (20.66%), Vitamin C: 10.62mg (12.88%), Magnesium: 49.83mg (12.46%), Vitamin B2: 0.18mg

(10.57%), Vitamin E: 1.25mg (8.36%), Vitamin B1: 0.12mg (8.33%), Zinc: 1.05mg (7.02%), Vitamin A: 304.45IU (6.09%), Vitamin B12: 0.34µg (5.67%), Iron: 1.01mg (5.59%), Vitamin K: 5.02µg (4.79%), Copper: 0.09mg (4.61%), Manganese: 0.09mg (4.6%), Folate: 12.35µg (3.09%), Fiber: 0.67g (2.69%), Calcium: 21.08mg (2.11%), Vitamin D: 0.17µg (1.13%)