



Poached Chicken with Tomatoes, Olives, and Green Beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 lb haricots verts trimmed thin
- ☐ 0.5 cup kalamata olives green black pitted chopped
- ☐ 1 tablespoon kosher salt
- ☐ 14 fl. oz. chicken broth low-sodium
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano fresh

- ☐ 4 chicken breast halves boneless skinless
- ☐ 1 thyme sprigs fresh
- ☐ 1 lb tomatoes cut into 1/4-inch dice (3 cups)
- ☐ 5 cups water

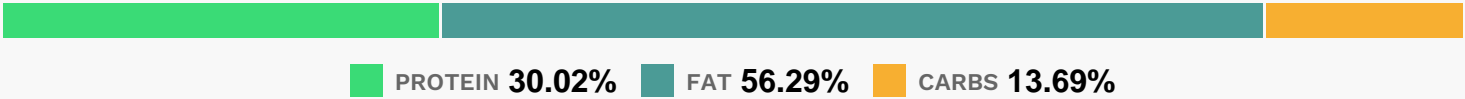
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Sprinkle chicken all over with 1 tablespoon salt and let stand.
- ☐ While chicken is standing, bring water, broth, and thyme to a boil in a 4- to 6-quart heavy pot, then add beans and cook, uncovered, until crisp-tender, 3 to 6 minutes.
- ☐ Transfer beans with a slotted spoon to a bowl and toss with 1 tablespoon oil and salt and pepper to taste.
- ☐ Add salted chicken to broth and cook at a bare simmer, uncovered, 6 minutes.
- ☐ Remove pot from heat and let stand, covered, until chicken is cooked through, about 15 minutes .
- ☐ Transfer chicken with tongs to a cutting board and cool, about 5 minutes.
- ☐ While chicken is cooling, stir together tomatoes, olives, oregano, pepper, and remaining 1/4 teaspoon salt and 4 tablespoons oil in a bowl.
- ☐ Holding a knife at a 45-degree angle, cut chicken across the grain into 1-inch-thick slices.
- ☐ Divide green beans among 4 plates, then arrange sliced chicken over beans and top with tomato olive mixture.
- ☐ Beans, chicken, and tomato olive mixture can be made 2 hours ahead and chilled separately, covered.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:24.803043531335%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 375.05kcal (18.75%), Fat: 24.1g (37.08%), Saturated Fat: 3.68g (23%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 8.4g (3.05%), Sugar: 6.03g (6.7%), Cholesterol: 72.32mg (24.11%), Sodium: 2195.75mg (95.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.92g (57.84%), Vitamin B3: 14.6mg (73.02%), Vitamin K: 64.4µg (61.33%), Vitamin B6: 1.09mg (54.33%), Selenium: 36.89µg (52.69%), Vitamin C: 27.7mg (33.57%), Vitamin A: 1665.14IU (33.3%), Phosphorus: 330.77mg (33.08%), Vitamin E: 4.57mg (30.45%), Potassium: 981.04mg (28.03%), Manganese: 0.41mg (20.45%), Vitamin B5: 1.92mg (19.2%), Fiber: 4.8g (19.18%), Magnesium: 72.89mg (18.22%), Vitamin B2: 0.26mg (15.48%), Copper: 0.29mg (14.4%), Iron: 2.52mg (14.02%), Folate: 53.19µg (13.3%), Vitamin B1: 0.19mg (12.66%), Calcium: 92.75mg (9.28%), Zinc: 1.24mg (8.24%), Vitamin B12: 0.33µg (5.49%)