



## Pollo Mediterraneo

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 chicken tenderloins sliced into strips
- ☐ 1.5 teaspoons cornstarch
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 tablespoons olives green sliced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon penzey's southwest seasoning italian

- ☐ 1 cup milk
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup sun-dried tomatoes packed in oil, drained and chopped
- ☐ 0.3 cup water

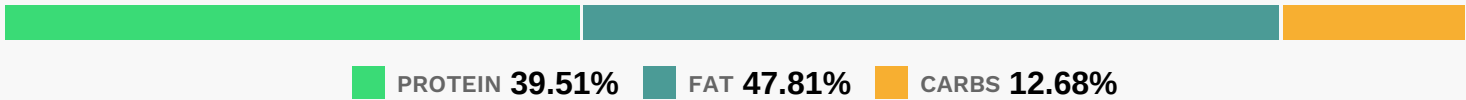
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat olive oil in a skillet over medium-high heat.
- ☐ Place chicken and garlic in the pan. Season with 1/2 teaspoon of salt, pepper, and Italian seasoning. Stir in the tomatoes, olives, wine, and parsley. Reduce heat to low and continue cooking until the chicken is no longer pink in the center.
- ☐ Remove chicken and place on a plate, leaving the sauce in the pan. Stir sour cream, milk, and 1/2 teaspoon of salt into the remaining sauce.
- ☐ Whisk cornstarch and water together in a small bowl. Increase heat to medium and whisk in the cornstarch mixture. Continue stirring until the sauce has thickened.
- ☐ Serve the sauce with the chicken.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:2.37, Inflammation Score:-6, Nutrition Score:23.324347931406%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 385.41kcal (19.27%), Fat: 19.32g (29.72%), Saturated Fat: 5.99g (37.46%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 9.83g (3.58%), Sugar: 6.9g (7.67%), Cholesterol: 120.28mg (40.09%), Sodium: 570.85mg (24.82%), Alcohol: 3.09g (100%), Alcohol %: 1.26% (100%), Protein: 35.92g (71.84%), Vitamin B3: 16.5mg (82.51%), Selenium: 51.08µg (72.97%), Vitamin B6: 1.25mg (62.75%), Vitamin K: 49.28µg (46.93%), Phosphorus: 435.44mg (43.54%), Potassium: 980.56mg (28.02%), Vitamin B5: 2.66mg (26.56%), Vitamin B2: 0.33mg (19.55%), Magnesium: 71.52mg (17.88%), Manganese: 0.33mg (16.32%), Calcium: 152.52mg (15.25%), Vitamin E: 1.83mg (12.22%), Vitamin B1: 0.18mg (12.22%), Vitamin A: 590.05IU (11.8%), Vitamin B12: 0.69µg (11.5%), Iron: 1.99mg (11.07%), Vitamin C: 8.14mg (9.87%), Zinc: 1.48mg (9.84%), Copper: 0.17mg (8.69%), Fiber: 1.69g (6.77%), Vitamin D: 0.82µg (5.47%), Folate: 18.93µg (4.73%)