



Provençal Chicken with Tomatoes, Olives, and Basil

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon olive oil extra virgin extra-virgin
- 4 fillet anchovy minced
- 3 cups plum tomatoes diced seeded
- 0.3 cup wine dry white
- 0.3 cup kalamata olives pitted halved
- 8 strips. with skin and bone (2 1/2 pounds)
- 3 garlic clove minced

1.5 tablespoons capers drained chopped

0.3 cup basil fresh thinly sliced

Equipment

frying pan

Directions

Sprinkle chicken with salt and pepper.

Heat oil in heavy large skillet over high heat.

Add chicken, skin side down. Reduce heat to medium-high; cook until golden, about 5 minutes per side.

Transfer chicken to platter.

Pour off all but 1 1/2 tablespoons drippings. Cool skillet 2 minutes; return to low heat.

Add garlic; sauté 1 minute.

Add tomatoes and wine. Increase heat to medium; bring to simmer, scraping up any browned bits. Cook until tomatoes are tender, stirring occasionally, about 2 minutes.

Return chicken, skin side up, to skillet. Bring mixture to boil. Cover; reduce heat to medium-low. Simmer until chicken is cooked through, about 25 minutes.

Transfer chicken to plate.

Add last 4 ingredients to sauce in skillet. Bring to boil over medium-high heat. Reduce heat; simmer until sauce thickens, about 4 minutes. Spoon sauce over chicken; serve.

Nutrition Facts



PROTEIN 26.97% **FAT 66.65%** **CARBS 6.38%**

Properties

Glycemic Index:38.25, Glycemic Load:2.11, Inflammation Score:-8, Nutrition Score:23.727826170299%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 1.28mg,

Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 600.16kcal (30.01%), Fat: 43.35g (66.7%), Saturated Fat: 10.94g (68.39%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 6.68g (2.43%), Sugar: 4.96g (5.51%), Cholesterol: 223.88mg (74.63%), Sodium: 447.13mg (19.44%), Alcohol: 2.06g (100%), Alcohol %: 0.58% (100%), Protein: 39.47g (78.94%), Selenium: 44.2µg (63.15%), Vitamin B3: 12.21mg (61.04%), Vitamin B6: 0.97mg (48.36%), Phosphorus: 415.26mg (41.53%), Vitamin A: 1784.04IU (35.68%), Vitamin C: 25.41mg (30.8%), Vitamin K: 28.1µg (26.77%), Potassium: 932.76mg (26.65%), Vitamin B5: 2.51mg (25.09%), Vitamin B12: 1.47µg (24.52%), Zinc: 3.27mg (21.81%), Vitamin B2: 0.35mg (20.81%), Magnesium: 69.85mg (17.46%), Vitamin B1: 0.24mg (16.27%), Vitamin E: 2.43mg (16.19%), Manganese: 0.32mg (16.09%), Copper: 0.27mg (13.32%), Iron: 2.39mg (13.27%), Fiber: 2.67g (10.67%), Folate: 36.07µg (9.02%), Calcium: 57.32mg (5.73%), Vitamin D: 0.23µg (1.51%)