



Puttanesca Chutney over Chicken with Potatoes and Broccoli

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



365 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cups broccoli florets
- 4 servings salt and ground pepper black
- 2 idaho potatoes cut into 1-inch pieces
- 1 tablespoon brown sugar light
- 2 tablespoons olive oil divided
- 0.5 cup raisins
- 0.5 cup onion red chopped

- 2 tablespoons red wine vinegar
- 4 chicken breast halves boneless skinless

Equipment

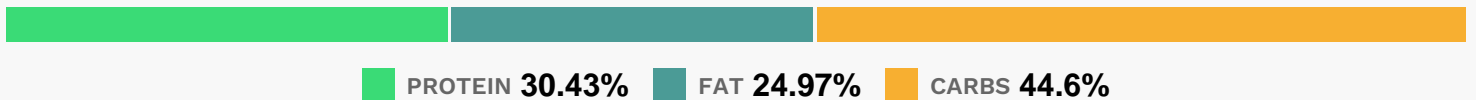
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- stove
- microwave
- grill pan

Directions

- Preheat oven to 425 degrees F.
- Place potatoes in a saucepan, cover with water and bring to a boil. Boil just until potatoes begin to soften, about 5 minutes.
- Drain well.
- Place potatoes on a baking sheet and drizzle with 1 tablespoon of the olive oil and season, to taste, with salt and pepper and toss well to coat. Make sure potatoes are in 1 layer and then place in the oven and roast until golden brown and tender, about 10 minutes. Alternately, toss raw potatoes with 1 tablespoon olive oil and salt and pepper, to taste, and spread on a baking sheet. Roast 30 minutes, or until golden brown and tender.
- Place a grill pan on the stove over medium-high heat. Coat chicken all over with 1 tablespoon of the olive oil, salt and black pepper.
- Place the chicken on the grill pan and cook about 4 to 5 minutes per side, until cooked through.
- Meanwhile, in a small saucepan, combine Puttanesca Sauce, onion, raisins, vinegar and brown sugar. Set pan over medium heat and bring to a simmer. Simmer 10 minutes, until sauce thickens and reduces.
- Place broccoli florets in a microwave-safe bowl.

- Add 3 tablespoons water, cover and microwave for 3 to 4 minutes, until tender.
- Serve sauce over chicken.
- Serve potatoes and broccoli on the side.
- teaspoons olive or vegetable oil
- medium onion, chopped
- tablespoons minced garlic
- (28-ounce) cans crushed tomatoes
- cup pitted Greek (kalamata) olives, halved
- tablespoons drained capers
- teaspoons anchovy paste
- /2 teaspoon salt
- /2 teaspoon crushed red pepper flakes
- /2 cup red wine, optiona)
- Heat oil in a large saucepan over medium heat.
- Add onion and garlic and saute 2 minutes.
- Add tomatoes, olives, capers, anchovy paste, salt, and red pepper flakes and stir to combine.
- Add the wine and bring mixture to a boil. Reduce heat and simmer 15 minutes.

Nutrition Facts



Properties

Glycemic Index:58.64, Glycemic Load:23.79, Inflammation Score:-7, Nutrition Score:23.739565372467%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 365.03kcal (18.25%), Fat: 10.3g (15.85%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 37.22g (13.53%), Sugar: 5.19g (5.77%), Cholesterol: 72.32mg (24.11%), Sodium: 158.9mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.49%), Vitamin B6: 1.35mg (67.65%), Vitamin B3: 13.41mg (67.04%), Vitamin C: 50.51mg (61.22%), Selenium: 37.97µg (54.25%), Vitamin K: 53.01µg (50.49%), Phosphorus: 346.18mg (34.62%), Potassium: 1193.03mg (34.09%), Vitamin B5: 2.23mg (22.3%), Manganese: 0.37mg (18.6%), Magnesium: 71.61mg (17.9%), Fiber: 4.17g (16.66%), Vitamin B1: 0.22mg (14.77%), Vitamin B2: 0.24mg (14.11%), Folate: 52.49µg (13.12%), Iron: 2.28mg (12.68%), Copper: 0.23mg (11.43%), Vitamin E: 1.59mg (10.62%), Zinc: 1.22mg (8.15%), Vitamin A: 319.38IU (6.39%), Calcium: 54.01mg (5.4%), Vitamin B12: 0.23µg (3.77%)