



## Quick Mediterranean Chicken

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**629 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 ounce olives black drained canned
- 14.5 ounce canned tomatoes diced drained canned
- 15 ounce green beans drained canned
- 4 servings olive oil as needed
- 4 servings salt and pepper to taste
- 4 servings greek seasoning to taste
- 24 ounce chicken breast halves boneless skinless
- 0.5 cup balsamic vinaigrette salad dressing with feta greek-style

# Equipment

frying pan

# Directions

Heat some oil in a saute pan over medium-high heat.

Place the frozen chicken breasts in the pan, and season with salt, pepper, and Greek seasoning. Cook until the chicken is lightly browned and has fully cooked.

Add the green beans, olives, tomatoes, and vinaigrette. Cover, and simmer for 10 minutes to heat the vegetables.

# Nutrition Facts



# Properties

Glycemic Index:22.25, Glycemic Load:4.21, Inflammation Score:-8, Nutrition Score:33.974782192189%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

# Nutrients (% of daily need)

Calories: 629.24kcal (31.46%), Fat: 45.47g (69.95%), Saturated Fat: 7.29g (45.55%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 11.51g (4.18%), Sugar: 9.19g (10.21%), Cholesterol: 108.86mg (36.29%), Sodium: 1639.61mg (71.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.12%), Vitamin B3: 19.99mg (99.96%), Vitamin K: 98.01µg (93.35%), Selenium: 56.87µg (81.24%), Vitamin B6: 1.61mg (80.52%), Vitamin E: 8.38mg (55.89%), Phosphorus: 434.8mg (43.48%), Potassium: 1199.83mg (34.28%), Fiber: 7.59g (30.35%), Vitamin B5: 2.97mg (29.74%), Vitamin C: 24.49mg (29.68%), Vitamin A: 1301.07IU (26.02%), Magnesium: 101.86mg (25.46%), Manganese: 0.49mg (24.68%), Iron: 3.86mg (21.42%), Vitamin B2: 0.34mg (20.26%), Copper: 0.4mg (19.94%), Vitamin B1: 0.29mg (19.32%), Folate: 59.74µg (14.94%), Calcium: 135.87mg (13.59%), Zinc: 1.57mg (10.5%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)