



Sautéed Chicken with Olive Tapenade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon capers drained
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 garlic clove crushed
- ☐ 3 tablespoons kalamata olives pitted
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.8 teaspoon lemon rind grated
- ☐ 1.5 tablespoons olive oil extra-virgin

- ☐ 0.3 cup pittted castelvetrano –olives fruity (or other)
- ☐ 24 ounce chicken breast halves boneless skinless

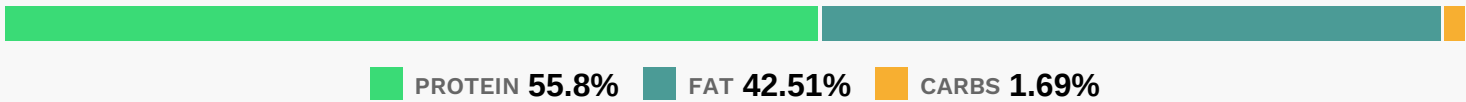
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place garlic clove in a mini food processor; process until finely chopped.
- ☐ Add Castelvetrano olives, kalamata olives, and capers. Pulse 10 times or until very finely chopped. With processor on, add olive oil, lemon rind, and crushed red pepper to mixture through food chute; process until combined.
- ☐ Heat a large skillet over medium–high heat. Coat pan lightly with cooking spray.
- ☐ Sprinkle both sides of chicken evenly with freshly ground black pepper and kosher salt.
- ☐ Add chicken to pan; saut 6 minutes on each side or until done.
- ☐ Serve with tapenade.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:17.085217185642%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 267.23kcal (13.36%), Fat: 12.32g (18.95%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 1.1lg (0.37%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.12g (0.14%), Cholesterol: 108.86mg (36.29%), Sodium: 554.23mg (24.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.75%), Vitamin B3: 17.8mg (89%), Selenium: 54.72µg (78.17%), Vitamin B6: 1.29mg (64.56%), Phosphorus: 359.52mg (35.95%), Vitamin B5: 2.44mg (24.36%), Potassium: 643.36mg (18.38%), Vitamin E: 1.77mg (11.78%), Magnesium: 46.84mg (11.71%), Vitamin B2: 0.17mg (10.23%), Vitamin

B1: 0.11mg (7.64%), Zinc: 1.01mg (6.73%), Vitamin B12: 0.34µg (5.67%), Iron: 0.79mg (4.39%), Vitamin K: 4.15µg (3.95%), Copper: 0.07mg (3.67%), Vitamin C: 2.78mg (3.37%), Fiber: 0.69g (2.78%), Vitamin A: 138.98IU (2.78%), Manganese: 0.06mg (2.78%), Calcium: 20.39mg (2.04%), Folate: 7.55µg (1.89%), Vitamin D: 0.17µg (1.13%)