



 14%
HEALTH SCORE

Sauteed Chicken with Tomatoes, Olives, and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup feta cheese crumbled
- 2 garlic clove pressed
- 16 grape tomatoes stemmed quartered
- 30 kalamata olives pitted cut lengthwise into slivers
- 0.3 cup juice of lemon fresh
- 0.5 cup olive oil
- 8 teaspoons oregano fresh chopped

6 chicken breast halves boneless skinless trimmed

Equipment

bowl

frying pan

knife

whisk

glass baking pan

Directions

Score top of chicken breasts with sharp knife; place in large glass baking dish.

Whisk 1/2 cup oil, lemon juice, 6 teaspoons oregano, and garlic in small bowl to blend. Season dressing to taste with salt and pepper. Chill 3 tablespoons dressing for tomatoes.

Pour remaining dressing over chicken; turn chicken to coat. Cover; refrigerate at least 3 hours and up to 6 hours, turning occasionally.

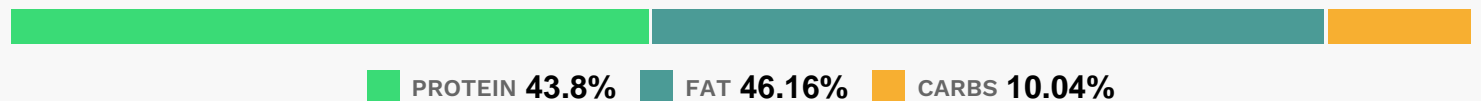
Toss olives, tomatoes, feta, remaining 2 teaspoons oregano, and reserved dressing in medium bowl.

Heat remaining 2 tablespoons olive oil in heavy large skillet over medium-high heat.

Add chicken and sauté until cooked through, about 3 minutes per side.

Transfer to platter; season to taste with salt and pepper. Spoon tomato mixture onto chicken.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.72, Inflammation Score:-10, Nutrition Score:17.465217377829%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg
Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 242.47kcal (12.12%), Fat: 12.52g (19.26%), Saturated Fat: 3.27g (20.41%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.76g (1.96%), Cholesterol: 83.44mg (27.82%), Sodium: 588.89mg (25.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.44%), Vitamin B3: 12.37mg (61.85%), Selenium: 38.49µg (54.99%), Vitamin B6: 0.99mg (49.42%), Phosphorus: 297.67mg (29.77%), Vitamin K: 23.08µg (21.98%), Vitamin B5: 1.82mg (18.24%), Potassium: 593.3mg (16.95%), Vitamin C: 13.19mg (15.98%), Vitamin E: 2.27mg (15.14%), Vitamin B2: 0.25mg (14.45%), Calcium: 127.45mg (12.75%), Magnesium: 47.21mg (11.8%), Vitamin A: 589.14IU (11.78%), Manganese: 0.22mg (11.18%), Iron: 1.75mg (9.72%), Fiber: 2.4g (9.6%), Vitamin B1: 0.12mg (8.17%), Zinc: 1.19mg (7.94%), Vitamin B12: 0.44µg (7.29%), Folate: 24.98µg (6.25%), Copper: 0.11mg (5.36%), Vitamin D: 0.16µg (1.09%)