



Sicilian Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 teaspoon pepper black
- 14.5 ounce canned tomatoes diced undrained canned
- 0.5 cup cooking wine dry white
- 3 tablespoons flour all-purpose
- 0.3 cup basil fresh chopped
- 0.3 cup golden raisins
- 1 tablespoon olive oil

- 0.5 cup sicilian olives sliced
- 1 teaspoon oregano dried
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless

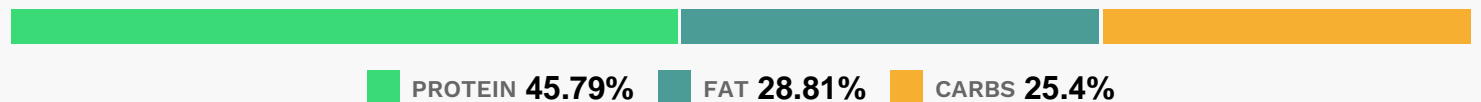
Equipment

- frying pan
- plastic wrap
- meat tenderizer

Directions

- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound each breast half to 1/2-inch thickness using a meat mallet or heavy skillet.
- Sprinkle both sides of chicken with salt and pepper.
- Heat oil in a large nonstick skillet over medium-high heat.
- Place flour in a shallow dish; dredge chicken in flour.
- Add chicken to pan; cook 3 minutes on each side or until lightly browned.
- Add wine; cook 1 minute.
- Add olives and the next 4 ingredients (through tomatoes); bring to a boil. Reduce heat, and simmer 8 minutes or until chicken is done.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:85.42, Glycemic Load:9.59, Inflammation Score:-8, Nutrition Score:24.390869487887%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin:

0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 360.47kcal (18.02%), Fat: 10.91g (16.79%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 18.32g (6.66%), Sugar: 10.9g (12.12%), Cholesterol: 108.86mg (36.29%), Sodium: 890.83mg (38.73%), Alcohol: 3.09g (100%), Alcohol %: 1.14% (100%), Protein: 39.02g (78.04%), Vitamin B3: 19.54mg (97.72%), Selenium: 57.24µg (81.77%), Vitamin B6: 1.49mg (74.42%), Phosphorus: 415.4mg (41.54%), Potassium: 1051.1mg (30.03%), Vitamin B5: 2.78mg (27.76%), Manganese: 0.4mg (19.75%), Magnesium: 77.27mg (19.32%), Vitamin E: 2.87mg (19.17%), Vitamin K: 18.33µg (17.45%), Vitamin B2: 0.28mg (16.38%), Iron: 2.86mg (15.88%), Vitamin B1: 0.24mg (15.84%), Copper: 0.31mg (15.5%), Vitamin C: 12.07mg (14.63%), Fiber: 3.32g (13.29%), Zinc: 1.41mg (9.38%), Vitamin A: 427.29IU (8.55%), Folate: 33.78µg (8.45%), Calcium: 73.61mg (7.36%), Vitamin B12: 0.34µg (5.67%), Vitamin D: 0.17µg (1.13%)