



Simmered Sicilian Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups angel hair hot cooked uncooked (6 ounces pasta)
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.7 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup olives green pitted quartered
- ☐ 0.3 cup marsala wine sweet

- ☐ 2 teaspoons olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 cup grapes red seedless halved
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

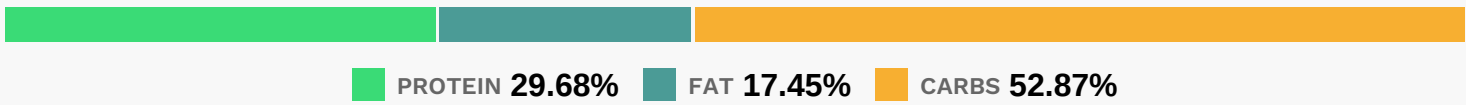
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Place first 3 ingredients in a zip-top plastic bag; add chicken. Seal and shake to coat.
- ☐ Heat 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; saut 2 minutes on each side.
- ☐ Remove from pan; keep warm.
- ☐ Heat 1 teaspoon olive oil in pan over medium-high heat.
- ☐ Add onion, oregano, red pepper, and garlic; saut 3 minutes or until onion is tender. Stir in broth and Marsala wine; reduce heat, and simmer 1 minute.
- ☐ Add the chicken and olives; cover and simmer 10 minutes.
- ☐ Add the grapes; cover and simmer 10 minutes or until chicken is done.
- ☐ Serve over pasta.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:22.66, Inflammation Score:-8, Nutrition Score:21.128260508828%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 469.11kcal (23.46%), Fat: 8.63g (13.28%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 58.83g (19.61%), Net Carbohydrates: 55.13g (20.05%), Sugar: 10g (11.11%), Cholesterol: 72.57mg (24.19%), Sodium: 704.55mg (30.63%), Alcohol: 3.06g (100%), Alcohol %: 1.24% (100%), Protein: 33.02g (66.03%), Selenium: 74.83µg (106.91%), Vitamin B3: 13.48mg (67.38%), Vitamin B6: 1.05mg (52.42%), Manganese: 0.76mg (37.87%), Phosphorus: 375.13mg (37.51%), Potassium: 715.94mg (20.46%), Vitamin B5: 2mg (20.04%), Magnesium: 72.65mg (18.16%), Copper: 0.31mg (15.45%), Fiber: 3.7g (14.8%), Vitamin B1: 0.21mg (13.73%), Vitamin K: 13.93µg (13.27%), Vitamin B2: 0.22mg (12.95%), Iron: 2.15mg (11.95%), Zinc: 1.63mg (10.9%), Vitamin E: 1.52mg (10.13%), Folate: 29.48µg (7.37%), Calcium: 60.78mg (6.08%), Vitamin C: 5.01mg (6.07%), Vitamin B12: 0.3µg (5.04%), Vitamin A: 180.68IU (3.61%)