



Spicy Basque-Style Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons bottled garlic minced
- ☐ 1 pound chicken breast tenders boneless skinless
- ☐ 20 ounce tomatoes and chiles diced green undrained canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup olives green sliced
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup pancetta finely chopped

☐ 1 teaspoon paprika smoked

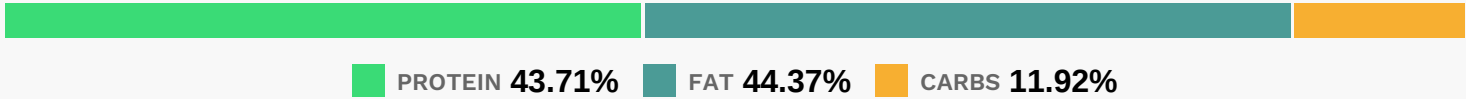
Equipment

☐ frying pan

Directions

- ☐ Combine paprika and pepper; sprinkle evenly over chicken.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; cook 4 minutes.
- ☐ Add garlic to pan; cook 30 seconds. Turn chicken over.
- ☐ Add olives and tomatoes to pan; bring to a boil. Reduce heat, and simmer 6 minutes.
- ☐ Remove chicken from pan. Increase heat to medium-high; cook 2 minutes, stirring occasionally.
- ☐ Sprinkle with prosciutto and parsley.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:18.933913246445%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 251.11kcal (12.56%), Fat: 12.38g (19.04%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 5.47g (1.99%), Sugar: 3.51g (3.9%), Cholesterol: 82.33mg (27.44%), Sodium: 377.18mg (16.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.87%), Vitamin B3: 13.55mg (67.73%), Selenium: 39.87µg (56.96%), Vitamin B6: 1.09mg (54.63%), Vitamin K: 39.11µg (37.25%), Phosphorus: 293.45mg (29.35%), Vitamin C: 17.99mg (21.8%), Potassium: 753.07mg (21.52%), Vitamin B5: 1.9mg (19.04%), Vitamin E: 2.02mg (13.44%), Vitamin A: 654.15IU (13.08%), Vitamin B2: 0.22mg (12.65%), Magnesium: 50.51mg (12.63%), Vitamin B1:

0.19mg (12.5%), Iron: 2.19mg (12.18%), Manganese: 0.2mg (9.83%), Fiber: 2.02g (8.08%), Copper: 0.16mg (8.02%), Zinc: 1.11mg (7.38%), Calcium: 63.74mg (6.37%), Vitamin B12: 0.3µg (5.01%), Folate: 19.51µg (4.88%), Vitamin D: 0.17µg (1.15%)