



Summer Chicken Sauté with Tomato-Basil Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brine-packed olives
- ☐ 1 tablespoon capers drained
- ☐ 0.3 cup wine dry white
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 shallots chopped
- ☐ 2 chicken breast halves boneless skinless

☐ 1.5 cups tomatoes seeded chopped

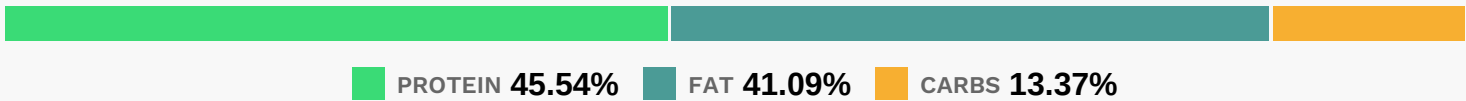
Equipment

☐ frying pan

Directions

- ☐ Heat olive oil in heavy medium skillet over medium-high heat.
- ☐ Sprinkle chicken breast halves with salt and pepper.
- ☐ Add chicken to skillet and cook until golden and cooked through, about 5 minutes per side.
- ☐ Transfer to plate.
- ☐ Add chopped shallot to same skillet; sauté 30 seconds. Stir in tomatoes, white wine, capers, and caper brine. Boil until tomatoes release juices, about 4 minutes. Stir in chopped basil. Season sauce with salt and pepper. Return chicken to skillet. Cook until warmed through, spooning sauce over chicken, about 1 minute.
- ☐ Transfer chicken with sauce to 2 plates.
- ☐ calories, 9g fat (1g saturated), 68mg cholesterol, 212mg sodium, 8g carbohydrates, 2g fiber, 29g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:1.78, Inflammation Score:-8, Nutrition Score:17.058695855348%

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: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

0.15mg, Myricetin: 0.15mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 245.79kcal (12.29%), Fat: 10.21g (15.71%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 7.48g (2.49%), Net Carbohydrates: 5.57g (2.03%), Sugar: 4.23g (4.7%), Cholesterol: 72.32mg (24.11%), Sodium: 323.3mg (14.06%), Alcohol: 3.09g (100%), Alcohol %: 1.39% (100%), Protein: 25.46g (50.93%), Vitamin B3: 12.55mg (62.76%), Selenium: 36.39µg (51.99%), Vitamin B6: 1mg (49.9%), Phosphorus: 278.54mg (27.85%), Vitamin C: 18.2mg (22.06%), Vitamin K: 22.77µg (21.69%), Vitamin A: 1076.3IU (21.53%), Potassium: 753.57mg (21.53%), Vitamin B5: 1.76mg (17.65%), Vitamin E: 1.88mg (12.55%), Magnesium: 49.9mg (12.47%), Manganese: 0.24mg (12.1%), Vitamin B2: 0.15mg (8.72%), Vitamin B1: 0.12mg (8.27%), Fiber: 1.9g (7.6%), Folate: 28.11µg (7.03%), Copper: 0.13mg (6.57%), Zinc: 0.96mg (6.4%), Iron: 1.12mg (6.22%), Vitamin B12: 0.23µg (3.77%), Calcium: 29.36mg (2.94%)