



Baked Chicken and Brie

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces brie cheese
- 1 cup beer dry white light
- 1 teaspoon oregano dried to taste
- 4 servings salt and pepper black to taste
- 4 chicken breast halves boneless skinless

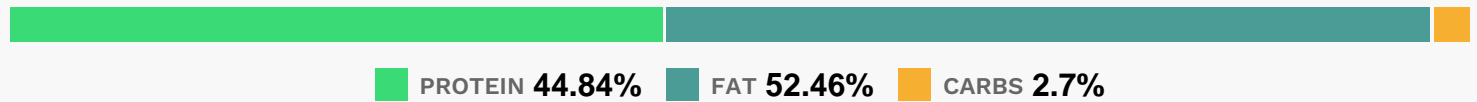
Equipment

- oven
- glass baking pan

Directions

- Preheat the oven to 400 degrees F (200 degrees C).
- Pour the beer or wine into a glass baking dish large enough to lay out the chicken. Season the chicken with salt, pepper and oregano on both sides, and place in the dish.
- Bake for 35 to 40 minutes in the preheated oven, or until juices run clear. While chicken is baking, slice Brie with the rind into 1/4 inch thick slices. When chicken is done, place slices of Brie over the top. Return to the oven for 3 to 5 minutes, until cheese is melted. Voila, chicken with Brie sauce is complete!

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:16.623478505922%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 368.72kcal (18.44%), Fat: 18.65g (28.7%), Saturated Fat: 10.51g (65.71%), Carbohydrates: 2.16g (0.72%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.85g (0.95%), Cholesterol: 129.02mg (43.01%), Sodium: 684.63mg (29.77%), Alcohol: 6.18g (100%), Alcohol %: 3.4% (100%), Protein: 35.87g (71.74%), Selenium: 44.46µg (63.52%), Vitamin B3: 12.09mg (60.45%), Vitamin B6: 1.01mg (50.74%), Phosphorus: 355.43mg (35.54%), Vitamin B2: 0.42mg (24.68%), Vitamin B5: 2.03mg (20.33%), Vitamin B12: 1.16µg (19.36%), Potassium: 553.22mg (15.81%), Zinc: 2.09mg (13.94%), Calcium: 123.48mg (12.35%), Magnesium: 48.07mg (12.02%), Folate: 43.16µg (10.79%), Vitamin B1: 0.12mg (7.73%), Vitamin A: 378.06IU (7.56%), Manganese: 0.13mg (6.59%), Iron: 1.05mg (5.83%), Vitamin K: 4.88µg (4.65%), Vitamin E: 0.44mg (2.95%), Vitamin D: 0.4µg (2.64%), Copper: 0.05mg (2.35%), Vitamin C: 1.37mg (1.66%)