



Baked Havarti Chicken

 Gluten Free

READY IN



570 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce chili peppers whole green drained sliced lengthwise canned
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.5 teaspoon garlic salt
- ☐ 4 ounces havarti cheese with dill sliced
- ☐ 4 servings dressing italian
- ☐ 4 servings salt
- ☐ 4 chicken breast halves boneless skinless

- ☐ 1 tablespoon white cooking wine
- ☐ 1 tablespoon worcestershire sauce

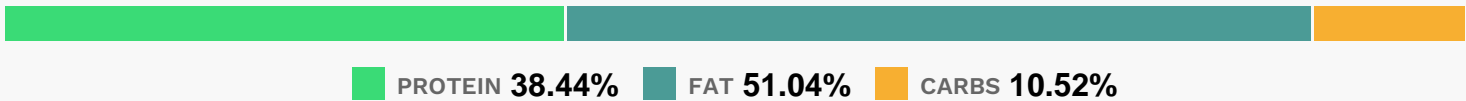
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Marinate chicken in Italian Dressing and Greek Seasoning, if using, for a minimum of 30 minutes.
- ☐ Place chicken in a 9 x 13 inch baking dish.
- ☐ Sprinkle top with additional Greek seasoning, if desired, and bake in preheated oven for approximately 25 minutes, or until no longer pink in center and juices run clear.
- ☐ Shortly before chicken is done, melt butter in a skillet over medium-high heat until bubbling.
- ☐ Pour in wine, Worcestershire sauce, and garlic salt, and bring to a boil. Stir in mushrooms. Reduce to a simmer, cover, and cook until mushrooms are tender, about 3 to 5 minutes. Adjust seasoning with salt as needed.
- ☐ Remove chicken from the oven.
- ☐ Lay green chili slices on top of each breast, then top each chili with a slice of cheese. Return to the oven until cheese has melted.
- ☐ Remove chicken from the oven, top with mushrooms and their pan juices, and serve.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:20.96695648069%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 348.6kcal (17.43%), Fat: 19.62g (30.18%), Saturated Fat: 8.21g (51.34%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 7.57g (2.75%), Sugar: 4.61g (5.12%), Cholesterol: 104.79mg (34.93%), Sodium: 1413.51mg (61.46%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 33.24g (66.49%), Vitamin B3: 14.29mg (71.44%), Selenium: 44.63µg (63.76%), Vitamin B6: 1.02mg (50.94%), Phosphorus: 450.82mg (45.08%), Vitamin C: 22.74mg (27.57%), Vitamin B2: 0.46mg (26.99%), Vitamin B5: 2.61mg (26.09%), Potassium: 742.62mg (21.22%), Calcium: 209.51mg (20.95%), Folate: 62.27µg (15.57%), Vitamin K: 16.21µg (15.44%), Zinc: 2.17mg (14.48%), Copper: 0.25mg (12.48%), Magnesium: 46.79mg (11.7%), Vitamin B12: 0.65µg (10.76%), Iron: 1.81mg (10.08%), Vitamin B1: 0.15mg (9.8%), Vitamin A: 431.05IU (8.62%), Vitamin E: 1.11mg (7.41%), Fiber: 1.53g (6.12%), Manganese: 0.07mg (3.73%), Vitamin D: 0.3µg (2.01%)