



Baked Ricotta Bowls with Chicken and Parmesan and a Mixed Green Salad with Tomato-Basil Vinaigrette

READY IN



35 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14 ounce canned tomatoes diced drained canned
- ☐ 2 chicken breast halves diced cooked
- ☐ 2 teaspoons dijon mustard
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup basil leaves fresh packed
- ☐ 1 teaspoon garlic powder

- ☐ 4 cups lettuce greens mixed
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 cup freshly parsley leaves chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 9-inch pie crust refrigerated
- ☐ 1 cup ricotta cheese
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar shredded

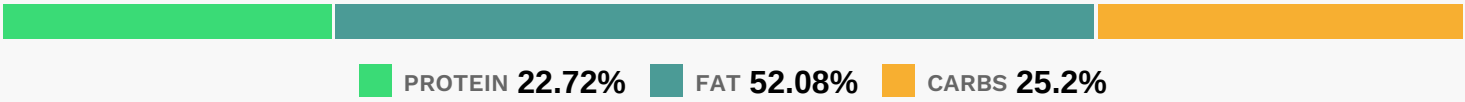
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Divide crust into 8 pieces and shape each piece into a ball. Press the balls into the bottom and up the sides of an 8-cup mini muffin tin. Set aside.
- ☐ In a large bowl, combine chicken, ricotta, Cheddar, 1/4 cup of the Parmesan, eggs, Dijon, parsley, salt, and black pepper.
- ☐ Mix well. Spoon mixture into prepared muffin cups and top with remaining Parmesan.
- ☐ Bake 20 minutes, until a knife inserted near the center of 1 cup comes out clean and crust is golden brown.
- ☐ Meanwhile, in a blender, combine tomatoes, basil, garlic powder, vinegar, and oil. Process until smooth. Season to taste with salt and pepper and serve over greens.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:18.208260971567%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 384.63kcal (19.23%), Fat: 22.33g (34.35%), Saturated Fat: 9.54g (59.6%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 21.98g (7.99%), Sugar: 3.2g (3.56%), Cholesterol: 112mg (37.33%), Sodium: 672.26mg (29.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.85%), Vitamin K: 52.93µg (50.41%), Selenium: 29.25µg (41.79%), Phosphorus: 307.27mg (30.73%), Vitamin B3: 5.91mg (29.55%), Calcium: 251.17mg (25.12%), Vitamin B6: 0.49mg (24.29%), Vitamin A: 1111.81IU (22.24%), Vitamin B2: 0.35mg (20.6%), Vitamin C: 16.25mg (19.7%), Manganese: 0.36mg (18.06%), Folate: 62.27µg (15.57%), Iron: 2.77mg (15.37%), Potassium: 513.51mg (14.67%), Vitamin B1: 0.2mg (13.13%), Vitamin B5: 1.28mg (12.8%), Zinc: 1.79mg (11.96%), Magnesium: 44.96mg (11.24%), Vitamin E: 1.56mg (10.4%), Copper: 0.21mg (10.31%), Fiber: 2.33g (9.31%), Vitamin B12: 0.5µg (8.27%), Vitamin D: 0.49µg (3.27%)