



Balsamic Chicken and Fresh Mozzarella



Gluten Free



Popular

READY IN



35 min.

SERVINGS



10

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 bunch basil leaves fresh
- ☐ 2 pounds mozzarella cheese fresh sliced
- ☐ 10 servings salt and pepper black freshly ground to taste
- ☐ 10 chicken breast halves boneless skinless
- ☐ 2 tomatoes sliced
- ☐ 16 fl. oz. balsamic vinaigrette salad dressing

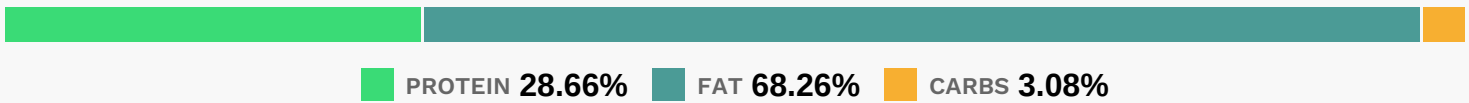
Equipment

- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Place chicken in a shallow dish or large resealable plastic bag.
- ☐ Pour the dressing over it, cover or seal, and marinate in the refrigerator for 12 to 24 hours.
- ☐ Coat a large skillet with cooking spray or oil, and set over low heat.
- ☐ Remove the chicken from the marinade and discard the marinade. Fry chicken breast halves over low heat for about 30 minutes, or until juices run clear.
- ☐ Arrange chicken on a serving platter.
- ☐ Place a generous slice of fresh mozzarella on top of each piece.
- ☐ Place a leaf of basil on top of the cheese, and cover with a slice of tomato. Dash balsamic vinegar over the platter, and season with salt and pepper.
- ☐ Serve!

Nutrition Facts



Properties

Glycemic Index:21.7, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:23.259565171988%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 621.09kcal (31.05%), Fat: 46.96g (72.25%), Saturated Fat: 16.89g (105.54%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4.42g (1.61%), Sugar: 3.25g (3.61%), Cholesterol: 143.99mg (48%), Sodium: 702.38mg (30.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.37g (88.74%), Selenium: 52.35µg (74.78%), Vitamin B3: 12.03mg (60.17%), Phosphorus: 565.56mg (56.56%), Vitamin K: 54.48µg (51.89%), Calcium: 468.96mg (46.9%), Vitamin B6: 0.9mg (45.06%), Vitamin B12: 2.29µg (38.24%), Zinc: 3.36mg (22.38%), Vitamin B2: 0.38mg (22.07%), Vitamin E: 2.71mg (18.06%), Vitamin A: 894.82IU (17.9%), Vitamin B5: 1.76mg (17.63%), Potassium: 556.41mg (15.9%), Magnesium: 51.3mg (12.82%), Vitamin B1: 0.11mg (7.27%), Vitamin C: 4.87mg (5.9%), Iron: 0.94mg (5.23%),

Manganese: 0.1mg (4.92%), Folate: 15.12µg (3.78%), Vitamin D: 0.48µg (3.17%), Copper: 0.06mg (3.01%), Fiber:
0.33g (1.33%)