



## Balsamic Chicken with Roasted Tomatoes

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings balsamic vinaigrette salad spritzer (such as Wish-Bone)
- 0.5 teaspoon pepper black freshly ground
- 1 pint grape tomatoes
- 1 tablespoon honey
- 1.5 teaspoons olive oil
- 0.5 teaspoon salt divided
- 24 ounce chicken breast halves boneless skinless

### Equipment

- bowl
- frying pan
- oven
- plastic wrap
- aluminum foil
- meat tenderizer

## Directions

- Preheat oven to 45
- Combine first 3 ingredients in a small bowl; place tomato mixture on a foil-lined jelly-roll pan.
- Bake at 450 for 12 minutes or until tomato skins burst and begin to wrinkle, stirring once.
- Transfer tomatoes to a bowl, scraping juices into bowl. Stir 1/4 teaspoon salt into tomato mixture.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- Sprinkle chicken evenly with 1/4 teaspoon salt and pepper.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add chicken; cook 3 to 4 minutes on each side.
- Place chicken on individual plates; coat each breast half with 2 to 3 sprays of balsamic spritzer. Spoon tomatoes evenly over chicken.

## Nutrition Facts



## Properties

Glycemic Index:30.57, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:20.731303956198%

## Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 248.72kcal (12.44%), Fat: 6.52g (10.03%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.66g (2.79%), Sugar: 7.46g (8.28%), Cholesterol: 108.86mg (36.29%), Sodium: 503.2mg (21.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.19g (74.39%), Vitamin B3: 18.45mg (92.27%), Selenium: 54.49µg (77.84%), Vitamin B6: 1.37mg (68.53%), Phosphorus: 386.2mg (38.62%), Potassium: 915.84mg (26.17%), Vitamin B5: 2.54mg (25.36%), Vitamin C: 18.27mg (22.15%), Vitamin A: 1037.79IU (20.76%), Magnesium: 57.78mg (14.44%), Vitamin B2: 0.19mg (11.47%), Vitamin K: 11µg (10.47%), Vitamin B1: 0.15mg (10.19%), Manganese: 0.2mg (9.86%), Zinc: 1.2mg (8.02%), Vitamin E: 1.18mg (7.87%), Folate: 24.7µg (6.17%), Copper: 0.12mg (6.06%), Fiber: 1.49g (5.97%), Vitamin B12: 0.34µg (5.67%), Iron: 1.01mg (5.59%), Calcium: 22.05mg (2.21%), Vitamin D: 0.17µg (1.13%)