



 **16%**
HEALTH SCORE

Basic Chicken Breasts W/ 4 Variation Toppers

READY IN



25 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apricot preserves
- 4 ounce artichoke hearts quartered canned
- 0.3 cup balsamic vinegar
- 1 tablespoon butter
- 8 ounce canned tomatoes diced italian-style canned
- 1 tablespoon capers
- 0.3 cup chicken broth
- 1 cup chicken broth
- 2 tablespoons dijon mustard

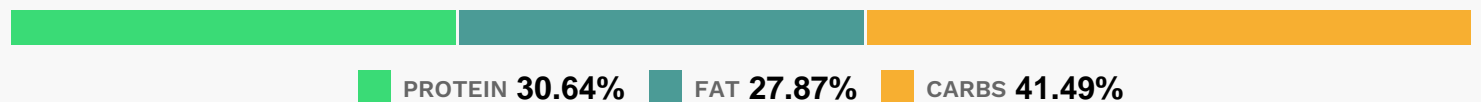
- 0.5 cup wine dry white
- 2 tablespoons flour
- 2 tablespoons cilantro leaves fresh chopped
- 2 cups mushrooms fresh
- 2 cups mushrooms fresh
- 1 jalapeno chopped
- 2 tablespoons juice of lime
- 1 tablespoon cooking oil
- 0.3 teaspoon pepper
- 6 ounces pineapple chunks
- 0.8 cup onion red sliced
- 0.5 teaspoon rosemary
- 0.5 teaspoon salt
- 0.5 cup mozzarella cheese shredded
- 4 chicken breast boneless skinless

Equipment

Directions

- Mix flour, salt & pepper in large baggie.
- Add chicken and shake to coat.
- Saute the red onion in butter.
- Saute mushrooms in butter.
- Heat tomatoes, artichokes and balsalmic vinegar. Cook 4 minutes. Spoon over chicken and sprinkle with mozzarella cheese.

Nutrition Facts



Properties

Glycemic Index:136, Glycemic Load:6.19, Inflammation Score:-7, Nutrition Score:25.914782451547%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

Nutrients (% of daily need)

Calories: 447.05kcal (22.35%), Fat: 13.51g (20.79%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 40.99g (14.91%), Sugar: 28.34g (31.49%), Cholesterol: 92.47mg (30.82%), Sodium: 1163.94mg (50.61%), Alcohol: 3.09g (100%), Alcohol %: 0.69% (100%), Protein: 33.43g (66.85%), Vitamin B3: 16.67mg (83.33%), Selenium: 52.97µg (75.68%), Vitamin B6: 1.15mg (57.55%), Phosphorus: 427.14mg (42.71%), Vitamin B2: 0.67mg (39.64%), Vitamin B5: 3.35mg (33.55%), Potassium: 1109.94mg (31.71%), Vitamin C: 23.99mg (29.07%), Copper: 0.57mg (28.47%), Vitamin B1: 0.32mg (21.31%), Manganese: 0.39mg (19.68%), Magnesium: 75mg (18.75%), Fiber: 4.28g (17.13%), Iron: 2.64mg (14.66%), Calcium: 137.69mg (13.77%), Zinc: 2.03mg (13.53%), Vitamin E: 1.93mg (12.88%), Folate: 47.44µg (11.86%), Vitamin B12: 0.61µg (10.09%), Vitamin A: 486.1IU (9.72%), Vitamin K: 8.96µg (8.54%), Vitamin D: 0.36µg (2.41%)