



Basil Chicken with Roasted Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinaigrette dressing divided kraft
- 12 large basil leaves fresh divided
- 2.3 cups grape tomatoes halved
- 2 oz mozzarella cheese cut into 4 slices kraft
- 4 large oil-packed sun-dried tomatoes drained
- 1 lb chicken breasts boneless skinless

Equipment

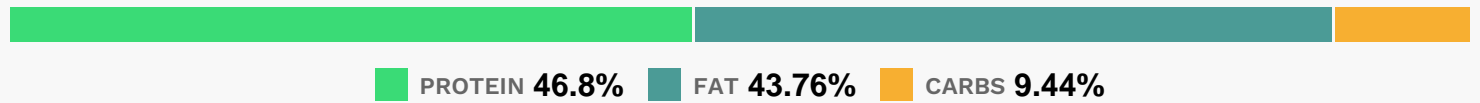
- baking sheet

oven

Directions

- Heat oven to 400F.
- Make cut in one long side of each chicken breast, being careful to not cut through to opposite side. Fill each pocket with 2 basil leaves and 1 each cheese slice and sun-dried tomato.
- Place chicken on one side of rimmed baking sheet sprayed with cooking spray; add tomatoes to other side of baking sheet.
- Brush chicken evenly with 1 Tbsp. dressing.
- Bake 30 min. or until chicken is done (165F).
- Cut remaining basil leaves into thin slices. Top tomatoes with basil and remaining dressing; toss lightly.
- Serve chicken topped with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.4417391280117%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 21.9kcal (1.1%), Fat: 1.04g (1.61%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.32g (0.36%), Cholesterol: 7.45mg (2.48%), Sodium: 31.96mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin B3: 1.11mg (5.57%), Selenium: 3.45µg (4.93%), Vitamin B6: 0.08mg (4.13%), Phosphorus: 28.11mg (2.81%), Potassium: 62.32mg (1.78%), Vitamin A: 80.78IU (1.62%), Vitamin B5: 0.16mg (1.56%), Vitamin C: 1.23mg (1.49%), Vitamin K: 1.16µg (1.1%), Magnesium: 4.11mg (1.03%)