






 **34%**  
HEALTH SCORE

# Basil Infused Balsamic Oven Baked Chicken

 **Gluten Free**

READY IN  
  
**45 min.**

SERVINGS  
  
**1**

CALORIES  
  
**544 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 1 Tbsp balsamic vinegar
- 1 serving chicken breast organic (because it's healthy!)
- 1 oz cheese
- 1 Tbsp olive oil
- 1 serving tomatoes

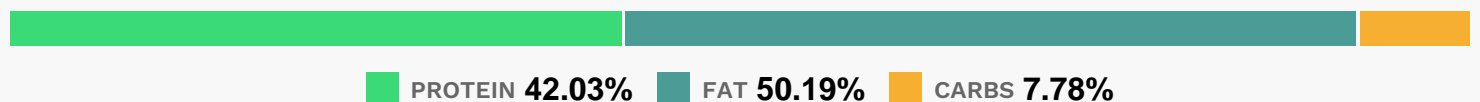
## Equipment

- oven
- kitchen thermometer

## Directions

- Place into the oven and bake for 40 minutes. Cover with mozzarella cheese and place back into the oven for 10 additional minutes. Use a thermometer make sure the internal temp is 160 for the chicken to be fully cooked. If not, allow to cook for a few additional minutes until the desired temp is reached.Allow to cool slightly and serve with your favorite salad.Basil Infused Balsamic Oven
- Baked Chicken! LOVE this recipe. If you want to join in on the Simple Fit Forty Lifestyle campaign we are kicking off here on Pink
- When, then make sure you sign up for the newsletter and stay up to date. You can also follow along in our private Facebook community, Simple Fit Forty Lifestyle, where we will be sharing all things fit an healthy and motivating each other along the way.JOIN 500,000 SUBSCRIBERS!Join over 500,000 others who follow Pink
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- Kit

## Nutrition Facts



## Properties

Glycemic Index:115, Glycemic Load:3.39, Inflammation Score:-9, Nutrition Score:30.993913043478%

## Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## **Nutrients (% of daily need)**

Calories: 543.55kcal (27.18%), Fat: 29.85g (45.93%), Saturated Fat: 8.71g (54.42%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 8.26g (3%), Sugar: 7.22g (8.02%), Cholesterol: 172.99mg (57.66%), Sodium: 460.53mg (20.02%), Protein: 56.25g (112.5%), Vitamin B3: 24.66mg (123.28%), Selenium: 80.34µg (114.78%), Vitamin B6: 1.86mg (92.82%), Phosphorus: 650.68mg (65.07%), Potassium: 1302.69mg (37.22%), Vitamin A: 1851.26IU (37.03%), Vitamin B5: 3.5mg (34.98%), Vitamin C: 27.37mg (33.18%), Vitamin E: 3.63mg (24.2%), Calcium: 234.19mg (23.42%), Vitamin B2: 0.39mg (22.66%), Vitamin K: 23.78µg (22.65%), Magnesium: 88.13mg (22.03%), Zinc: 2.67mg (17.8%), Vitamin B1: 0.22mg (14.63%), Manganese: 0.26mg (13.14%), Vitamin B12: 0.75µg (12.54%), Folate: 41.99µg (10.5%), Copper: 0.18mg (9.04%), Iron: 1.56mg (8.67%), Fiber: 2.16g (8.64%), Vitamin D: 0.4µg (2.64%)