



California Chicken

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 avocado pitted peeled sliced
- 1 pinch pepper black
- 8 ounce monterrey jack cheese cut into 10 slices
- 1 teaspoon olive oil
- 0.5 teaspoon onion powder
- 1 pinch salt
- 4 chicken breast boneless skinless
- 2 tomatoes ripe sliced

Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Warm oil in skillet and add chicken and onion. Cook 15 minutes or until chicken is browned and just about done.
- Add salt and pepper to taste.
- Place chicken on cookie sheet and top each breast with 1 to 2 slices of tomato and 2 to 3 slices of cheese.
- Place in oven for 10 to 15 minutes, until cheese melts.
- Remove from oven, add 2 to 3 slices of avocado on top of each breast, and serve immediately.

Nutrition Facts

 **PROTEIN 30.41%** **FAT 60.89%** **CARBS 8.7%**

Properties

Glycemic Index:34.25, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:27.690434476604%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 521.93kcal (26.1%), Fat: 36.01g (55.39%), Saturated Fat: 13.77g (86.04%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 4.05g (1.47%), Sugar: 2.58g (2.87%), Cholesterol: 122.78mg (40.93%), Sodium: 491.28mg

(21.36%), Alcohol: Og (100%), Protein: 40.46g (80.92%), Vitamin B3: 13.95mg (69.77%), Selenium: 44.82µg (64.03%), Vitamin B6: 1.2mg (60.03%), Phosphorus: 556.91mg (55.69%), Calcium: 447.92mg (44.79%), Vitamin B5: 3.18mg (31.82%), Potassium: 1100.01mg (31.43%), Fiber: 7.52g (30.06%), Vitamin B2: 0.48mg (28.04%), Vitamin K: 28.26µg (26.91%), Folate: 105.52µg (26.38%), Vitamin C: 19.89mg (24.11%), Vitamin A: 1129.08IU (22.58%), Zinc: 3.11mg (20.76%), Magnesium: 80.92mg (20.23%), Vitamin E: 2.92mg (19.46%), Copper: 0.28mg (13.89%), Manganese: 0.24mg (12.12%), Vitamin B12: 0.7µg (11.61%), Vitamin B1: 0.17mg (11.47%), Iron: 1.56mg (8.68%), Vitamin D: 0.45µg (3.02%)