



## Caprese Grilled Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup balsamic vinegar
- 6 servings pepper black freshly ground
- 1 tablespoon butter
- 6 skinned and boned chicken breasts
- 1 leaves basil torn fresh
- 12 basil leaves fresh
- 12 slices mozzarella cheese fresh
- 6 servings kosher salt

6 large tomatoes

## Equipment

sauce pan

whisk

grill

## Directions

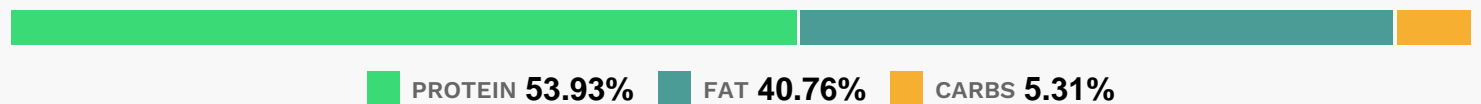
Preheat grill to 350 to 400 (medium-high) heat. Cook balsamic vinegar in a 2-qt. saucepan over medium-high heat 4 to 5 minutes or until slightly thickened; remove from heat, and whisk in butter.

Sprinkle desired amounts of kosher salt and freshly ground black pepper over tomato slices and chicken breasts. Grill chicken, covered with grill lid, 6 to 8 minutes on each side or until done.

Brush chicken with 2 Tbsp. balsamic mixture; top each with 2 fresh basil leaves and 2 fresh mozzarella cheese slices. Cover with grill lid, and grill 3 minutes or just until cheese melts.

Remove from grill; top each chicken breast with 1 tomato slice; drizzle with remaining balsamic sauce. Top with torn basil.

## Nutrition Facts



## Properties

Glycemic Index:56.17, Glycemic Load:2.44, Inflammation Score:-7, Nutrition Score:26.711739115093%

## Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 468.38kcal (23.42%), Fat: 20.47g (31.5%), Saturated Fat: 9.94g (62.14%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.48g (4.97%), Cholesterol: 194.42mg (64.81%), Sodium: 832.55mg (36.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.94g (121.89%), Vitamin B3: 23.8mg (119.01%), Selenium:

81.98µg (117.12%), Vitamin B6: 1.74mg (86.85%), Phosphorus: 686.93mg (68.69%), Vitamin B5: 3.33mg (33.3%), Calcium: 308.59mg (30.86%), Vitamin B12: 1.75µg (29.13%), Potassium: 971.59mg (27.76%), Vitamin B2: 0.39mg (23.13%), Zinc: 3.04mg (20.26%), Magnesium: 76.4mg (19.1%), Vitamin A: 781.23IU (15.62%), Vitamin B1: 0.17mg (11.48%), Vitamin C: 6.57mg (7.96%), Vitamin K: 7.88µg (7.51%), Iron: 1.35mg (7.51%), Manganese: 0.13mg (6.65%), Vitamin E: 0.75mg (4.97%), Copper: 0.09mg (4.68%), Folate: 17.74µg (4.44%), Vitamin D: 0.45µg (3.02%), Fiber: 0.36g (1.45%)