



Chicken Breasts with Creamy Vegetable Topping

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots grated
- 4 chicken breasts bone-in skinless
- 1 tablespoon cooking oil
- 8 ounces cream cheese at room temperature
- 0.5 teaspoon fresh-ground pepper black
- 1 bell pepper red chopped
- 1 teaspoon salt

- 2 scallions including tops green chopped

Equipment

- frying pan
- oven
- roasting pan

Directions

- Heat the oven to 42
- In a medium frying pan, heat the oil over moderate heat.
- Add the bell pepper and cook, stirring occasionally, until starting to soften, about 3 minutes.
- Add the scallions and carrot and cook 2 minutes longer.
- Mix the vegetables with the cream cheese, 3/4 teaspoon of the salt, and 1/4 teaspoon of the black pepper.
- Sprinkle the chicken breasts with the remaining 1/4 teaspoons of salt and pepper.
- Put the breasts in a roasting pan and spread them with the vegetable cream cheese.
- Bake the chicken until just done, 20 to 25 minutes.
- Menu Suggestions: The rich topping on the chicken leaves one wanting a simply prepared vegetable, such as steamed broccoli, asparagus, or green beans.
- Variation: Chicken Breasts with Boursin-Cheese Sauce: Substitute a 5 1/2-ounce package of plain or garlic-and-herb-flavored Boursin cheese for the cream cheese.
- Wine Recommendation: A crisp and fruity white will cut through the rich cheese and pair well with the acidity of the bell pepper and scallion. A kabinett riesling from the Mosel-Saar-Ruwer region of Germany or, if you can find it, a riesling from the Finger Lakes in New York is a good possibility.

Nutrition Facts



Properties

Glycemic Index:42.46, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:30.54434779416%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 503.56kcal (25.18%), Fat: 29g (44.62%), Saturated Fat: 13.02g (81.38%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 5.71g (2.08%), Sugar: 4.25g (4.72%), Cholesterol: 201.91mg (67.3%), Sodium: 1034.29mg (44.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.04g (104.08%), Vitamin B3: 24.1mg (120.49%), Selenium: 77.29µg (110.42%), Vitamin B6: 1.84mg (91.82%), Vitamin A: 4369.59IU (87.39%), Phosphorus: 550.96mg (55.1%), Vitamin C: 42.82mg (51.9%), Vitamin B5: 3.69mg (36.88%), Potassium: 1042.62mg (29.79%), Vitamin B2: 0.4mg (23.28%), Vitamin K: 20.44µg (19.46%), Magnesium: 70.91mg (17.73%), Vitamin E: 2.14mg (14.24%), Vitamin B1: 0.19mg (12.49%), Zinc: 1.73mg (11.55%), Vitamin B12: 0.58µg (9.61%), Folate: 34.61µg (8.65%), Calcium: 79.2mg (7.92%), Manganese: 0.14mg (6.91%), Iron: 1.19mg (6.61%), Fiber: 1.27g (5.08%), Copper: 0.09mg (4.6%), Vitamin D: 0.23µg (1.51%)