



WHATSheATE



Chicken Breasts with Goat Cheese and Fire-Roasted Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil fresh to taste finely
- ☐ 0.5 cup canned tomatoes diced with garlic canned drained
- ☐ 0.5 cup goat cheese
- ☐ 4 servings salt and pepper to taste
- ☐ 16 ounce chicken breast boneless skinless trimmed

Equipment

- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Season the chicken with salt and pepper.
- ☐ Place a medium ovenproof nonstick skillet over high heat. When it's hot, lightly mist the skillet with spray and immediately add the chicken side by side to the pan so it does not touch. Cook the chicken just until it is golden brown on the outsides, 1 to 2 minutes per side.
- ☐ Remove the pan from the heat and top each piece of chicken evenly with about 2 tablespoons of the tomatoes, followed by about 1/2 ounce of the cheese.
- ☐ Transfer the skillet to the oven and bake the chicken until it is no longer pink inside and the cheese is melted, 5 to 9 minutes. Top evenly with the basil, if desired.
- ☐ Serve immediately.
- ☐ nutrition information
- ☐ Calories: 171
- ☐ Protein: 29g
- ☐ Carbohydrates: 2g
- ☐ Fat: 4g
- ☐ Saturated Fat: 2g
- ☐ Cholesterol: 72mg
- ☐ Trace Fiber
- ☐ Sodium: 198mg
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



 PROTEIN **57.82%**  FAT **39.21%**  CARBS **2.97%**

Properties

Glycemic Index:17.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.493043464163%

Nutrients (% of daily need)

Calories: 211.89kcal (10.59%), Fat: 8.92g (13.73%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.26g (0.46%), Sugar: 1.01g (1.12%), Cholesterol: 85.63mg (28.54%), Sodium: 479.84mg (20.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.22%), Vitamin B3: 11.96mg (59.79%), Selenium: 37.09µg (52.98%), Vitamin B6: 0.92mg (46.09%), Phosphorus: 311.34mg (31.13%), Vitamin B5: 1.81mg (18.11%), Vitamin B2: 0.22mg (13.06%), Potassium: 429.94mg (12.28%), Copper: 0.24mg (12.12%), Vitamin A: 509.88IU (10.2%), Magnesium: 34.67mg (8.67%), Iron: 1.17mg (6.49%), Vitamin B1: 0.09mg (6.19%), Zinc: 0.93mg (6.18%), Calcium: 57.03mg (5.7%), Vitamin B12: 0.28µg (4.68%), Vitamin K: 4.89µg (4.65%), Manganese: 0.06mg (2.87%), Vitamin C: 2.13mg (2.58%), Folate: 8.62µg (2.16%), Vitamin E: 0.27mg (1.83%), Vitamin D: 0.23µg (1.51%), Fiber: 0.27g (1.07%)