



Chicken Breasts with Gorgonzola-Tomato Salsa

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 3 tablespoons gorgonzola cheese crumbled
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 cup onion red minced
- ☐ 36 ounce chicken breast halves boneless skinless

☐ 2 cups tomatoes chopped

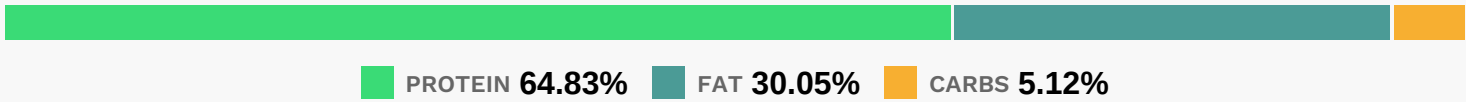
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Combine tomato, onion, basil, oil, and 1/2 teaspoon salt in a medium bowl.
- ☐ Let stand at room temperature.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound each piece to 1-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle both sides of chicken with remaining 1/2 teaspoon salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 3 chicken breast halves to pan; cook 4 minutes on each side or until chicken is browned and done.
- ☐ Remove from pan; keep warm. Repeat procedure with remaining 3 chicken breast halves.
- ☐ Stir cheese into tomato mixture.
- ☐ Place 1 chicken breast half on each of 6 plates; top each serving with about 1/3 cup salsa.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:19.352608882863%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 243.42kcal (12.17%), Fat: 7.87g (12.1%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.23g (0.81%), Sugar: 1.72g (1.91%), Cholesterol: 114.11mg (38.04%), Sodium: 668.33mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.2g (76.39%), Vitamin B3: 18.13mg (90.65%), Selenium: 55.5µg (79.29%), Vitamin B6: 1.34mg (66.92%), Phosphorus: 399.67mg (39.97%), Vitamin B5: 2.6mg (26.04%), Potassium: 783.1mg (22.37%), Magnesium: 53.19mg (13.3%), Vitamin B2: 0.21mg (12.34%), Vitamin C: 9.74mg (11.81%), Vitamin A: 589.13IU (11.78%), Vitamin K: 10.94µg (10.42%), Vitamin B1: 0.13mg (8.93%), Zinc: 1.29mg (8.57%), Vitamin B12: 0.43µg (7.09%), Manganese: 0.12mg (6.06%), Calcium: 55.46mg (5.55%), Vitamin E: 0.81mg (5.43%), Folate: 19.38µg (4.85%), Iron: 0.87mg (4.81%), Copper: 0.09mg (4.4%), Fiber: 0.79g (3.16%), Vitamin D: 0.21µg (1.37%)