



HEALTH SCORE

52%

Chicken Breasts with Sun-Dried Tomato and Garlic Crust



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread fresh french
- ☐ 3.5 tablespoons cooking oil
- ☐ 48 ounce chicken breast halves with skin and bone
- ☐ 2 large garlic clove
- ☐ 0.5 cup sun-dried olives drained

Equipment

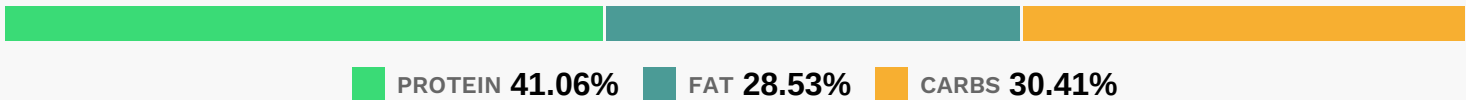
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine breadcrumbs, sun-dried tomatoes, 2 tablespoons oil reserved from tomatoes and garlic in processor. Using on/off turns, process until tomatoes are coarsely chopped. Season to taste with salt and pepper. (Can be made 8 hours ahead. Cover and chill.)
- ☐ Preheat oven to 375°F.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Heat 1 1/2 tablespoons oil reserved from tomatoes in heavy large skillet over medium-high heat.
- ☐ Add chicken, skin side down, and cook until skin is crisp and golden, about 5 minutes.
- ☐ Transfer chicken, skin side up, to heavy rimmed baking sheet. Spoon breadcrumb mixture atop chicken, dividing equally and pressing to adhere.
- ☐ Bake until chicken is cooked through, about 30 minutes.
- ☐ Place chicken on plates and serve.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:32.12, Inflammation Score:-8, Nutrition Score:41.694347941357%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 857.95kcal (42.9%), Fat: 26.84g (41.29%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 64.36g (21.45%), Net Carbohydrates: 57.9g (21.06%), Sugar: 11.96g (13.29%), Cholesterol: 217.72mg (72.57%), Sodium: 969.12mg (42.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.91g (173.83%), Vitamin B3: 43.35mg (216.75%), Selenium: 143.9µg (205.57%), Vitamin B6: 2.74mg (137.18%), Phosphorus: 918.25mg (91.83%), Manganese: 1.74mg (87%), Vitamin B5: 6.11mg (61.14%), Potassium: 1903.15mg (54.38%), Vitamin B1: 0.78mg (51.97%), Vitamin B2: 0.71mg (41.6%), Magnesium: 164mg (41%), Iron: 6.79mg (37.74%), Folate: 123.55µg (30.89%), Fiber: 6.45g (25.82%),

Copper: 0.47mg (23.33%), Zinc: 3.49mg (23.3%), Vitamin K: 21.15µg (20.14%), Vitamin E: 3.02mg (20.12%), Calcium: 182.72mg (18.27%), Vitamin C: 10.18mg (12.34%), Vitamin B12: 0.68µg (11.34%), Vitamin A: 224.73IU (4.49%), Vitamin D: 0.34µg (2.27%)