



Chicken Breasts with Tomatoes and Olives

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cooking oil divided
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 cup grape tomatoes halved
- ☐ 20 olives halved
- ☐ 24 ounce skinless boneless chicken breast halves boneless skinless

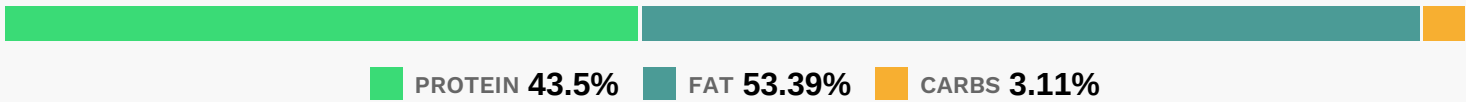
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper.
- ☐ Place chicken on grill rack coated with cooking spray, and grill for 6 minutes on each side or until chicken is done. Keep warm.
- ☐ Combine tomatoes, 1 1/2 tablespoons dressing, and olives in a medium skillet over medium heat, and cook for 2 minutes or until tomatoes soften slightly and mixture is thoroughly heated, stirring occasionally.
- ☐ Brush chicken with remaining 1 1/2 tablespoons dressing.
- ☐ Cut each chicken breast half into 3/4-inch slices. Top each chicken breast half with 1/4 cup tomato mixture.
- ☐ Sprinkle each serving with 2 tablespoons cheese and torn basil leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.53, Inflammation Score:0, Nutrition Score:20.542174246%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 360kcal (18%), Fat: 21.09g (32.44%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.09g (1.21%), Cholesterol: 121.48mg (40.49%), Sodium: 672.77mg (29.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.66g (77.32%), Vitamin B3: 18.15mg (90.75%), Selenium: 56.74µg (81.05%), Vitamin B6: 1.37mg (68.51%), Phosphorus: 414.71mg (41.47%), Vitamin B5: 2.6mg (25.99%), Vitamin E: 3.15mg (21%), Potassium: 734.83mg (21%), Vitamin B2: 0.3mg (17.54%), Magnesium: 53.22mg (13.3%), Vitamin K: 11.3µg (10.77%), Vitamin A: 499.74IU (9.99%), Vitamin B1: 0.15mg (9.91%), Zinc: 1.47mg (9.77%), Vitamin B12: 0.58µg (9.66%), Calcium: 92.51mg (9.25%), Vitamin C: 7.14mg (8.66%), Iron: 0.92mg (5.11%), Copper: 0.1mg (4.82%), Fiber: 1.11g (4.43%), Folate: 17.53µg (4.38%), Manganese: 0.07mg (3.6%), Vitamin D: 0.23µg (1.51%)