



Chicken Bruschetta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black divided
- 0.5 cup basil fresh chopped
- 4 garlic cloves minced
- 1 teaspoon garlic powder
- 8 ounce pre mushrooms
- 1 tablespoon olive oil
- 1 ounce parmesan cheese fresh grated

- 1 cup plum tomatoes chopped
- 0.5 cup onion red chopped
- 0.5 teaspoon salt divided
- 16 ounce skinned
- 5 ounces zucchini sliced quartered

Equipment

- bowl
- frying pan
- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine garlic powder, 1/4 teaspoon salt, and 1/8 teaspoon pepper in a small bowl; sprinkle chicken with garlic powder mixture.
- Place the chicken on a broiler pan coated with cooking spray, and broil for 6 minutes on each side or until chicken is done.
- Remove the chicken from pan, and keep warm.
- Heat olive oil in a large nonstick skillet over medium-high heat.
- Add 1/4 teaspoon salt, mushrooms, zucchini, and minced garlic; saut 2 minutes.
- Add 1/8 teaspoon black pepper, tomato, onion, basil, and vinegar; saut 3 minutes.
- Serve the vegetable mixture over chicken; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:2.37, Inflammation Score:-7, Nutrition Score:21.138260696245%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 237.5kcal (11.87%), Fat: 8.76g (13.47%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 7.72g (2.81%), Sugar: 5.27g (5.86%), Cholesterol: 77.39mg (25.8%), Sodium: 547.52mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.95%), Vitamin B3: 14.48mg (72.42%), Selenium: 43.95µg (62.78%), Vitamin B6: 1.1mg (54.92%), Phosphorus: 380.07mg (38.01%), Vitamin B5: 2.68mg (26.78%), Potassium: 905.45mg (25.87%), Vitamin B2: 0.42mg (24.8%), Vitamin C: 19.96mg (24.2%), Vitamin K: 21.44µg (20.42%), Vitamin A: 812.54IU (16.25%), Manganese: 0.32mg (15.81%), Copper: 0.3mg (15.12%), Magnesium: 56.66mg (14.16%), Calcium: 120.92mg (12.09%), Vitamin B1: 0.18mg (11.91%), Zinc: 1.48mg (9.89%), Folate: 38.35µg (9.59%), Fiber: 2.18g (8.72%), Vitamin E: 1.14mg (7.6%), Iron: 1.35mg (7.51%), Vitamin B12: 0.33µg (5.58%), Vitamin D: 0.26µg (1.75%)